



TAKE ONE

# Espe Journeycake

## Personal Trainer

I'm Esperanza Journeycake, a certified personal trainer with 9 years of experience and a bachelor's degree in health science with a focus in Human Performance and Fitness Management. From playing sports as a young girl, to competing as a collegiate soccer athlete, and qualifying nationally as an NPC figure competitor, fitness has always been a central part of my life. Now, I'm dedicated to helping others build the same passion and dedication through personalized training.

### My Training Philosophy:

Fitness is more than just exercise—it's about building a resilient body and mind for a healthier, more active life. With a strong foundation in human performance and fitness management, I focus on strength, mobility, and functional fitness to help clients move better, feel better, and perform better. Whether you're an athlete, a new mom, or someone looking to improve your fitness, my goal is to create a customized approach that helps you reach your full potential.

### Services:

One-on-One Personal Training  
Strength and Mobility Coaching  
Pre/Post-Natal Fitness Programs  
Athletic Performance Training  
Functional Fitness and Injury Prevention  
Nutritional Guidance and Advice

## CREDENTIALS

- B.S. in Health Science, Focus in Human Performance & Fitness Management
- Certified Personal Trainer & Fitness Specialist
- 10 years of experience
- Fit Tour Certified
- Walk with Ease (Arthritis Foundation Certified)
- CPR and First Aid



Reach out to me for my availability!



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