

Jessica Walker

PT. CPR. AED. IDFA PRO



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Jessica's fitness journey began at a young age, training as a competitive gymnast up to 20 hours a week, she quickly learned about discipline and the importance of a strong mind and body. Carrying this through into her adult life becoming a certified coach, she was able to share her passion for the sport with younger athletes.

In 2009 Jessica made the decision to fully commit her life to fitness, she wanted to teach others about the importance of living a fit and healthy lifestyle. Attending the ISSA (International Sports Sciences Association) she became certified as a Personal Trainer. Working with clients of all different ages and fitness levels, Jessica has transformed people outside as well as inside. Instilling the importance of healthy food choices and sculpting bodies into leaner stronger versions of the ones they were before.

In 2011 Jessica entered the IDFA (International Drug Free Association) figure and fitness competition. Her disciplined mind and competitive nature was in full force, travelling across Canada to compete against some of the best athletes respectively in the country she earned Her Pro Card winning first place and the title of Professional Fitness Model and placing 2nd in the Figure category.