



Jordan Ciambrone
Senior Director of Corporate Relations
YMCA of the Pikes Peak Region

I love witnessing you light up as you envision the very best life for yourself and helping you design personal experiments to realize your dreams.

Background and credentials

- B.S. Kinesiology, Penn State
- M.S. Sport and Exercise Psychology, Arizona State University.
- Mindfulness Based Stress Reduction (MBSR), University of Massachusetts
- Mindfulness Based Eating Awareness Training (MB-EAT)
- American College of Sports Medicine (ACSM), Wellcoaches
- Precision Nutrition Level 1 Certification
- National Strength and Conditioning - Certified Personal Trainer (CPT), Additional Movement Certifications; EXOS Performance Specialist, USA Weightlifting and Sports Performance Coach, IM=X Pilates, Kettlebell Concepts TRX: Suspension Training, 200 hour Yoga Alliance Teacher, Restorative Yoga Teacher, Ayurvedic Medicine and Traditional Thai Yoga Therapy