

MEET THE FOUNDER

Hey y'all! My name is Ashley Jones and I'm so excited you're here! I want to share a little bit about my background and who I am. I grew up in a small town in South Louisiana around mostly boys in my family so I will be honest and say I am not the most girly-girl you'll ever meet! I love being outdoors, climbing trees, riding bikes, playing in the dirt and all things SPORTS! I played sports growing up and through high school and then continued with intramural sports in college for fun. We spent a lot of time at the recreation center!

I went to LSU where I earned my Bachelor of Science degree in Kinesiology with a concentration in Human Movement Science. GEAUX TIGERS! I went on to earn my Doctorate of Physical Therapy degree from the University of St. Augustine in Florida.

While working on one of my internship rotations, my clinical instructor invited me to join him for a CrossFit class. Y'all - I fell in LOVE with this form of exercise! So much so that I ended up getting certified as a Level I CrossFit Trainer as well as a CrossFit Mobility Trainer. It also inspired me to tighten up on my nutrition. With the profession I'm in we learned a lot about proper nutrition but I will admit that eating right is something I really struggle with. I like junk food. I love chocolate. & this girl can put down some food!! Come on, I live in Louisiana. We have the best food here!! (Just not the best food for our bodies unfortunately!) So I've learned that key word 'moderation' and how to better balance my diet to perform at an optimal level and feel my best.

About 7 months after I graduated from PT school my boyfriend of 7 years proposed at my 25th birthday celebration! We have been happily married since April of 2014! We had our first baby boy in August 2015 and he is such a joy and so much fun!! We are currently expecting our second sweet baby boy to arrive in July 2017! (Whoa..that's next month! Why does time go by so quickly?!)

We have an amazing group of family and friends that we couldn't be more grateful for! We have been blessed far beyond our worth!

I love serving and blessing others and it is truly my honor to help you in any way that I can!!

 Ashley

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