



Jodi Suvak

Fitness Professional

Jodi Suvak is a Personal Trainer and Fitness Instructor who has been working at CSC since 2010. Jodi believes exercise and healthy life choices are one of the most beneficial attributes to living a long and happy life. Diet and exercise can help increase positive energy and decrease chances for disease. Jodi has continued to help members obtain their fitness goals through education and instruction.

She achieves this through personal training and group fitness classes like ABSolute Body. Jodi has been able to work with competitive and non-competitive athletes of all ages throughout the Club.

Jodi has been involved in sports and exercise for the majority of her life. Being able to set female weight lifting records at her high school by box squatting 405lbs and bench pressing her body weight were two of her greatest accomplishments.

Jodi is an ACSM Certified Personal Trainer with an additional certification in CPR/AED. She holds a Bachelor's degree in Sports Sciences from Ohio University in which she majored in Exercise Physiology.

