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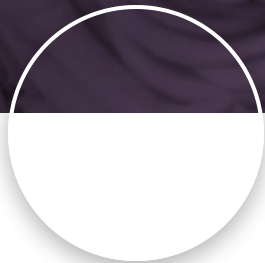
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Jessi Rose McMaster

Holistic Fitness Trainer - Yoga Teacher & Trainer - Well-Being Coach - Massage Therapist - Corporate Wellness

Las Vegas, Nevada, United States · [Contact Info](#)

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Jessi Rose McMaster



California State University, Fullerton



[Personal Website](#)

About

Hi, I'm Jessi!

For the past 10 years, I've been helping people of all ages & fitness levels reframe their relationship with movement. As a Holistic Fitness Trainer, I not only train people's bodies, I also help them shift their mindsets to see movement as a tool for mental well being & graceful aging.

As a college athlete, a virgo, an older sister & a recovering perfectionist, I value my ability to complete a to-do list & go-go-go. After several major injuries, crippling anxiety & back pain, I went on a search for tools to help me sustain my productivity while also minimizing the chance for another burn-out.

I learned that movement is not about performing or competing, it is an essential therapy to help the human body manage the stress of life.

My goal is to inspire people to befriend movement again & to learn to love their bodies, so they can live pain-free & motivated.

The list of my experience & training continues to grow. My coaching style focuses on strong foundations of body awareness & stabilization. I combine techniques from Yoga, Pilates, Strength Training, Massage Therapy & Mindfulness to craft well thought out & customized training plans to support all clients.

To read more about me: www.jessirosemcmaster.com/about

Activity

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It's been a busy start to the new year, happy new year LinkedIn fam! Thrilled to share I facilitated a 2-day company retreat focused on team building...

Liked by Jessi Rose McMaster

Experience

Business Owner

Jessi Rose McMaster

Jan 2019 - Present · 5 years 7 months

Yoga, Pilates & fitness classes, personal training & mindfulness coaching on zoom. Join our live weekly classes or book a private session.

Yoga Teacher Trainer

Stella Luna Yoga

Apr 2013 - Present · 11 years 4 months

Cypress, CA

Stella Luna Yoga is a family owned yoga studio that provides resources for optimal health. Just across the street from Cypress College we have two rooms to offer a variety of classes, workshops and events. We provide gentle to vigorous activities for your brain, body and spirit. From the novice to expert there is something for all.

Yoga & Zumba Instructor

California State University, Long Beach

Aug 2013 - Dec 2021 · 8 years 5 months

Student Wellness & Recreation Center

Certified Personal Trainer

John Garey Pilates Studio

Jan 2016 - Apr 2019 · 3 years 4 months

Long Beach, CA

The funnest Cycle, Strength, TRX, Trampoline, and other group fitness classes you will ever take.

:)

Cocktail Server

Rock Bottom Brewery

Oct 2012 - Sep 2017 · 5 years

Downtown Long Beach, CA

Fitness Instructor

Recreation Fitness

Apr 2014 - Oct 2015 · 1 year 7 months

Long Beach

Yoga, Zumba, FUN Boot Camps!

Soccer Instructor

Soccer Shots

Sep 2012 - Apr 2014 · 1 year 8 months

Greater Los Angeles Area

Introducing children to the world's greatest game.

Server

Chili's

Apr 2009 - Jul 2013 · 4 years 4 months

Front-of-House Trainer, Bar server, Outstanding Hospitality & Service

Marketing & Sales Associate

Rock and Roll Fantasy Camp

Aug 2011 - Sep 2012 · 1 year 2 months

Greater Los Angeles Area

Assistant

Daisy Fresh Cleaning

Jul 2009 - Sep 2011 · 2 years 3 months

Detailed cleaning of homes and businesses.

Counselor

49er Camp

Jun 2010 - Aug 2010 · 3 months

Responsible for 6-8 year olds. Supervised sports & other activities. Summer job: 2010, 2011, 2013, 2014

Cashier/Hostess

Greenfield Brazilian BBQ

Nov 2006 - Dec 2008 · 2 years 2 months

Setting Up/Seating Tables. Bussing Tables. Processing Payments up to \$2,000

Education**California State University, Fullerton**

Bachelor of Arts · Communications; Entertainment Studies & Tourism

2010 - 2012

Activities and Societies: Entertainment & Tourism Club: Spring 2011, Entertainment & Tourism Club Promoter: Fall 2011 & Spring 2012, Women's Choir: Spring 2011

Minor: Music

Cypress College

Associate of Arts · Liberal Arts

2007 - 2010

Activities and Societies: Cypress College Women's Soccer 2007-2008, Jazz Vocal Choir 2010

Dean's Honor Roll: 4 semesters

Licenses & Certifications

Total Barre

STOTT PILATES®

Issued Apr 2018

STOTT Pilates Mat & Reformer

Stott Pilates

Issued Jan 2017

Certified Personal Trainer

National Council on Strength and Fitness

Issued Aug 2014

Credential ID 2715979

Zumba

Zumba Fitness LLC

Issued Jan 2014

Credential ID 931141

[See credential](#)

RYT 500

Yoga Alliance

Issued Apr 2013

Certified Strength Coach

National Council on Strength & Fitness - NCSF

Issued Jun 2018 · Expires Jun 2020

Recommendations received

Rudy Chavarria Jr

"Jessi McMaster, College Web Media Fest Director of Alcoholic Beverage Jessi is currently responsible for all Alcohol related CWM Fest activities. This includes, but is not limited to, responsible for contacting and securing beverage companies for the event, and to have alcohol sponsored stages. Jessi is working with the clubs and bars in the Downtown Fullerton area that have agreed to be a part of the CWM Fest. She is responsible for building and neutering relationships for the CWM Fest. Jessi is a true people person and exudes the talent to work with the many personalities that are associated in producing a festival. Jessi is a hard worker, dedicated, organized, and completely focused. She possesses a kind heart but is stern enough to take charge and get the job done. From 1-10 on the "Best Employee" scale...Jessi is a perfect 10!"

1 person has recommended Jessi Rose

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3-Day Ticket Offer
\$48
per child per day for a 3-Day, 1-Park per day ticket

Valid M-Th, 6/10/24 - 9/26/24 for ages 3-9

ticketsatwork **Buy Tickets**

The advertisement features a young girl in a white and green outfit reaching out to a yellow and blue character. The background is a vibrant, colorful scene from a Disney park.

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Las Vegas, NV

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Iryna S.

Licensed Massage Therapist
Las Vegas Metropolitan Area

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Carla Paniagua

Licensed Massage Therapist at Wynn Las Vegas
Las Vegas Metropolitan Area

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Annie Delia

Mixologist, Event Bartender, Yoga Teacher, Public Relations & Brand Manager
Las Vegas, NV

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Kristina Norwood

Licensed Massage Therapist at Kneaded Nirvana
Las Vegas Metropolitan Area

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Rachel Finney



Licensed Massage Therapist
Las Vegas, NV

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Barbara Gibson, MS, C-IAYT

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5

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