



Jennifer Maley Wellness

Born over 20 years ago in the Tetons of Jackson, Wyoming, **Jennifer Maley Wellness** is rooted in a landscape where the Snake River runs clear, glacial lakes shimmer, aspens dance in the wind, and life is lived outdoors. This wild environment wasn't just home—it was the original heartbeat of the brand.



Founded by **Jenn Maley**, a mother of three, elite personal trainer, and accomplished mountain trail runner, Jennifer Maley Wellness blends athletic performance with holistic well-being. Jenn began her career training alongside professional athletes, Olympians, and Freeride World Tour Champions, developing programs grounded in strength, resilience, and longevity. Today, she brings that same elite-level expertise to individuals seeking a deeper, more sustainable approach to wellness.

Jenn's passion for movement runs as deep as the mountains she explores. A former sponsored mountain trail runner, she has stood on podiums across the country—sometimes while pregnant, sometimes injured—always guided by grit, balance, and an unwavering connection to nature. Her lived experience as both an athlete and a mother informs every workout she designs, ensuring each session is purposeful, empowering, and adaptable to real life.

Every class and program at **Jennifer Maley Wellness** is thoughtfully curated to strengthen the body, nourish the mind, and honor the natural world that inspires us. This is training that supports both performance and presence—movement that builds confidence, vitality, and freedom.

At Jennifer Maley Wellness, self-care is simple, intentional, and grounded in nature. This is more than wellness.

It's a lifestyle of movement, motherhood, and mindful living.