

PERSONAL TRAINER

IAN

Major

Kinesiology
Exercise Science

Year

Senior

Specialty Area

Building strength & size
Circuit Training
Weight Loss
Core Strength
Kettle bells

Special Interest

Basketball
Football
Bodybuilding
Working out

Availability

Monday: 11am-close
Tuesday: 4pm-close
Wednesday: 11am-close
Thursday: 6-10am & 3pm-close
Friday: 1-7pm
Saturday: 10am-close
Sunday: 12pm-close



Related Experience

Played football for 6 years
Had a trainer at age 14
Ran fitness camps

Certifications

Personal Trainer Certification- NASM
(National Academy of Sports Medicine)
CPR/First Aid