

PERSONAL TRAINER

ISMAEL (SMILEY)

Major

Kinesiology-Exercise Science

Year

Junior

Specialty Area

Weight training
Muscle tone & definition
Weight loss
Circuit training
Injury Prevention

Special Interest

Weight lifting
Martial Arts
Camping
Tubing
Indoor/Outdoor Sports
Food

Availability

Monday: 3pm-close
Tuesday: 6am-close
Wednesday: 3pm-close
Thursday: 6am-close
Friday: 3pm-close
Saturday: 10am-close



Related Experience

Basketball and Football- 6 years
Tae Kwon Do- 10+ years (2nd Dan)
Tae Kwon Do Assistant Instructor- 6 years
Nike Football Camp Training

Certifications

Aerobics and Fitness Association of
America (AFAA)
Nationally Certified Personal Trainer

CPR/First Aid