

SABRINA STEWART

Personal Trainer

FAVORITE WAY TO MOVE/EXERCISE

Barbell resistance training

FUN FACT

I also have a degree in
forensic science

WHAT DO YOU ENJOY THE MOST ABOUT BEING A PERSONAL TRAINER:

Being creative in the gym
and helping people
understand how to use all
the gym equipment.

Credentials:

BS Kinesiology: Exercise and
Fitness Management

BS Forensic Science

NSCA: Certified Strength and
Conditioning Specialist

First Aid, CPR, AED Certified

exos