

# Blake S.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Kinesiology from University of Southern Illinois
- MS in Kinesiology from University of Southern Illinois
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Cooking
- Music
- Sports
- Traveling



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