

# Personal Trainer

Sarah Huebner

## I Can Help You

- Set and achieve realistic fitness goals
  - Increase strength/lean muscle, improve sport training/performance, increase energy level, and more...
- Improve your fitness level
  - Whether an exercise beginner or a seasoned athlete
- Understand how exercise can improve function in your daily life



## Areas of Specialty

- Small group training
- Circuit training/Interval training
- All ages

## Emphasis/Philosophy

- Focus on exercises and movement patterns that will improve activities of daily living and/or specific training goals
- To design exercise programs specific to each of my clients that will provide effective, yet challenging workouts that will help them attain a higher level of fitness

## Qualifications

- Bachelor's of Science in Sports and Fitness, University of Central Florida
- American College of Sports Medicine Certified Personal Trainer
- Over 3 years of personal training and group exercise experience

## Personal Note

- With hard work and commitment, anything is possible... If you commit to working hard, then you WILL reach your goals! There is no off season!

If you are interested in working with this Personal Trainer, please complete a Personal Training Questionnaire at the front desk or contact the Personal Training Coordinator at (727) 580-1870 or [cam.capurso@baycare.org](mailto:cam.capurso@baycare.org).