



# BROOKE THOMAS

## EDUCATION

Bachelor's degree in Exercise and Wellness from Southern Illinois University Edwardsville

## QUALIFICATIONS & CERTIFICATIONS

- Bachelor's degree in Exercise and Wellness
- American Council on Exercise (ACE) certified
- CPR/AED & First aid certified through American Heart Association

## SPECIALIZATION

Specialize in overall fitness/wellness and weight loss ranging from cardiovascular exercise to total body leaning and toning through resistance training, confident working with all ages (including children & teens), physical limitations, and disabilities

## TRAINING PHILOSOPHY

I want to develop fun and effective exercise programs that offer variety and meet my client's needs. I believe my job and purpose as a personal trainer is to provide my client's with the knowledge, skills, guidance, support/ motivation they need to achieve their own full fitness potential and enhance the quality of their lives.

## INTERESTS/HOBBIES

Any outdoor activities, weight lifting, cross fit, horseback riding, hunting, healthy cooking/nutrition & family

## AVAILABILITY

- Monday – Thursday: 7:00am – 7:00pm
- Friday: 7:00am – 5:00pm
- Saturday – Sunday: By Appointment