

Sara Knox

PERSONAL TRAINER



Education and Certifications

- B.S. in Kinesiology

Areas of Specialization

- NCSF – CPT
- NSCA – CSCS

Fitness and Health Philosophy

Everyone should exercise, find a mode of exercise that you enjoy and look forward to! Exercise should be something you don't see as a chore, which can be vastly different person to person!

Fitness and Health Accomplishments

- Nothing listed in Excel doc