# Luke Schonauer

(479)-250-8285

LukeSchotime@gmail.com



## **Training Philosophy**

"Train for Fullness of life, longevity, & learning opportunities."

### **Certifications**

**ACSM Certified Personal Trainer** 

## **Specializations**

Strength & Resistance Training
Corrective Exercise
Sports and Performance & Athletic Training
Cardiovascular Conditioning & Endurance

#### **Available Hours**

Weekdays: Early Mornings, Mornings