



Sarah Waraniak, ACSM-CPT

Education:

Sarah holds a Bachelor of Science in Exercise Science with an emphasis in Health/Fitness Instruction from Grand Valley State University.

Certifications:

Sarah is an ACSM Certified Personal Trainer and an ACSM Certified Group Fitness Instructor

Area of Specialty:

Functional Training

Core and Balance Training

Circuit Training

Special Populations

Experience:

2 years

Training Style/Philosophy:

“Fitness is about seeing what your body can do, rather than what it can look like. Success in it is not measured in pounds lost, but instead in miles run, pounds lifted, and an improved outlook.”

My Passion for Fitness comes from:

“I have been an athlete ever since I can remember, and sports & fitness are some of my best memories & proudest moments. I have seen family members struggle with preventative disease due to unhealthy lifestyles, and want to inspire and empower others to be happy & healthy.”

My proudest moment with a client:

“Meeting an 88 year old women after a senior class session– she was in this session 5 days a week and loved it.”

My favorite exercise/training tool:

“Bosu Ball and Swiss Ball. ”