

Kyle Scharwarth, B.S.

“Train smarter, not harder”



Education:

Bachelor's in Exercise Science- *Eastern Illinois University*

Certifications:

Certified Personal Trainer- *American Council on Exercise*

Functional Training Specialist- *Perform Better*

Experience:

Wellness Instructor Internship- *Silver Cross Hospital*

Personal Trainer- *Orland Park Fitness Center*

Adult Fitness- *Eastern Illinois University*

ATP Lab- *Eastern Illinois University*

Bootcamp and Pilates Instructor- *Eastern Illinois University*

Focus:

Weight Loss

Strength Training

Circuit Training

Group Training

High-intensity Interval Training

Muscle Growth

Special Populations

Training Philosophy:

Kyle applies strength training and circuit training with a variety of clients looking to improve their cardiovascular health, movement, strength and physique. After losing 50lbs through fitness, Kyle found a passion for helping others experience the health benefits of fitness as well. Kyle enjoys helping people accomplish their fitness goals, and he finds it rewarding to help people improve their mental, social, emotional, and spiritual health through fitness.