



## LIAM SCHALK PERSONAL TRAINER



### LIAM SCHALK

- Certified Personal Trainer

#### About You:

Throughout my many years of athletics and education at the University I have gained the knowledge of how to maintain a healthy lifestyle! I love seeing others achieve their fitness goals and am thankful to have been a person that helped get them there. I am currently working on my Masters in Exercise Physiology, and my experience spans from young adults with special needs to older adults with Parkinson's disease!

#### Education:

Currently working on Masters in Exercise Physiology

#### Areas of Expertise:

Working with young adults with special needs to older adults with Parkinson's disease



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