



# SEAN AKINS

## PT / TEAM TRAINER MANAGER

### Philosophy

Fitness is more than an image – it is about health. It can change looks, but more importantly how one thinks and feels. It is proof that if there is an obstacle in the way, we can overcome it. It is my goal to show people they are stronger physically and mentally than they think.

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“Discipline is the bridge from your goals to your success.”

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## CONTACT / INFORMATION

### Education / Experience

- American Council on Exercise – CPT
- Wrestling Coach

### Specialization

- Active Aging
- Hypertrophy
- Muscular Strength
- Muscular Endurance
- Corrective Form
- Balance / Stabilization

### Instructor

- Circuit Training
- Bootcamp

### Location

Marathon Fitness  
720 Foxpointe Dr.  
Sycamore, IL 60178  
(815) 899 - 8877