



Trevor Hoke

DAC PERSONAL TRAINER

SPECIALTIES:

- Swimming 101, Competition or Open Water Training
- 5K through Marathon Training
- Functional Movement Specialist

ACCOMPLISHMENTS:

- BS in Kinesiology; Focus on Physical Education at Indiana University
- Exercise Science Minor
- American Swimming Coaches Association; Level III

EXPERIENCE:

- 3 Years Certified Personal Training
- 15+ Years as an Age Group/Masters Swim Coach
- Multiple Half & Full Marathon Finisher

PROFESSIONAL AREAS OF INTEREST:

- Lifetime Fitness
- Functional Fitness & Weight Loss
- Swimming & Running Training

PERSONAL AREAS OF INTEREST:

- White Water Rafting & Camping
- Aquatics
- Endurance Running & Triathlon

"I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes." -Charles R. Swindoll