



# SABRINA BLANCO

## About Me

Sports and fitness has always been a passion of mine. It wasn't until my freshman year at Angelo State that I expanded on that passion and discovered a new devotion for impacting the lives of others through coaching and personal training.

Through my experience in youth and collegiate sports I learned very quickly that nothing would be given to me. It was my focus and determination that earned me spots on the roster and minutes on the field. I was always the last player left to be picked for teams or partners. Even so, my drive and true potential could not be ignored. I was just as good as those players handpicked for the team.

Through the guidance and support my parents provided I have learned how to discipline, motivate and inspire my clients, exposing their full abilities and reaching their goals.

I am a woman of God and believe that he given me this gift to remind people of all abilities, ages and gender's that self-care through fitness is an act of worship. Our body is a temple which should be taken care of. The journey won't be easy, but as stated in Matthew 19:26 "with God all things are possible."

## Education | Certifications | Qualifications

- Currently attending Angelo State University  
B.S. Kinesiology
- First Aid & CPR Certified
- Angelo State Soccer  
2017 - 2018

## Specializations

- Ages 3 - 55
- Weight Loss & Management
- Strength & Conditioning
- Increase Muscle Mass
- Customized Fitness Plans
- Therapy Cupping
- Variety Sports Training  
Ages 3 - 23

## How would I define my training style

Client-centered, I want to customize a fitness plan that is fun, realistic & achievable to a client's lifestyle and goal.

## Favorite Workout

I enjoy weight lifting, core conditioning, and high intensity interval training.

## Rates

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|---|---|
| • <b>Adult Single Session</b><br>Member \$30 / Non-Member \$40  | • <b>Youth Single Session</b><br>Member \$20 / Non-Member 30    |
| • <b>Adult Package of 6</b><br>Member \$180 / Non-Member \$240  | • <b>Youth Package of 6</b><br>Member \$120 / Non-Member \$180  |
| • <b>Adult Package of 10</b><br>Member \$270 / Non-Member \$360 | • <b>Youth Package of 10</b><br>Member \$180 / Non-Member \$270 |