

# Saint Luke's Center for Health Enhancement Personal Trainers

4200 Wornall Rd. KC. MO. 816.932.3260



## **Samantha Perkins, NASM, CES, PES, ISSA**

Samantha has several years experience as a Personal Trainer and has a BS in Community Health from KU. She is a certified personal trainer with the National Academy of Sports Medicine (NASM). She is a Corrective Exercise Specialist (CES) & Performance Enhancement Specialist (PES). She is also certified through the International Sports Science Association (ISSA) and is CPR certified. She has helped many clients reach their goals.



## **Stephanie Provance, DPT, CSCS**

Stephanie has her Doctorate in Physical Therapy from Rockhurst University. In addition, she is a certified personal trainer with the American College of Sports Medicine & National Strength & Conditioning Association. Stephanie also is a certified Group Fitness Instructor with the American Council on Exercise. She has several years experience in the fitness field and believes that education is an important component in building a healthier lifestyle and incorporates this into each session.



## **Sycil Proffitt, BS, ACSM-HFS**

Sycil has his B.S. in Health & Wellness Promotion from Missouri State. He completed an internship and is now a Fitness Specialist with the Center. During his internship he has gained experience as a personal trainer. He is a Certified Health & Fitness Specialist with the American College of Sports Medicine. He is also CPR and First Aid Certified through the American Heart Association. He is enthusiastic and devoted in promoting health and exercise to help clients with their wellbeing.