



## Chris Corres

### Education:

Bachelor of Arts in Industrial Design from the University of Illinois 2002

American Council of Exercise Certified Personal Trainer 2008

National Academy of Sports Medicine Certified Personal Trainer 2009

National Academy of Sports Medicine Performance Enhancement Specialist 2010

National Academy of Sports Medicine Corrective Exercise Specialist 2011

### In the Fitness Industry Since:

2008

### Experience/Specialties:

Chris Corres has been active in sports and working out his entire life. He primarily excelled in basketball and football, where he played multiple positions. After years of feeling the importance of exercise in his life, Chris decided to make a career out of it by getting ACE certified and took a personal training job in Champaign, IL. Within the year, he decided to take a leap and move back to the Chicago area where he could grow his passion even further. In 2008, Chris started as a personal trainer at Life Time Fitness in Romeoville. With absolute drive, he grew in popularity with his clients through his creative training style. His effectiveness as a trainer and success as a business person earned him a promotion to Assistant Department Head after just 1 year with the company. His success as a trainer and his clients' successes have flourished ever since. Chris continually adds certifications to his resume to become a more effective trainer and business person. He adds personality to Commit FIT and goes above and beyond for every client he trains.

### Favorite Quote:

"The only real failure is the failure to try."

