

Madeline Barnhart

Performance Manager

Education & Certifications

- B.S. Kinesiology/Exercise Science with a minor in Nutrition,
- M. Ed. Recreation and Sport Management
- CSCS
- XPS



Areas of Specialization

- Periodization and programming for long-term success
- Olympic style weightlifting
- Collegiate athlete performance training
- Adult group training

Fitness & Health Philosophy

“My coaching philosophy is centered around serving others, building meaningful relationships, and spreading the word that sports performance is for EVERYONE! I believe in keeping things simple, creating a fun atmosphere, and challenging clients to reach even higher with their lifestyle goals.”

Fitness & Health Accomplishments

- Played SEC Softball for University of Arkansas and Big 12 Softball for Iowa State
- Former Collegiate S&C coach for Arkansas Swim and Dive Team
- Aided SEC 3M Champion, and NCAA Champion 3M Arkansas Diver Brooke Schultz in her Freshman Campaign