

William Blackwell

William Blackwell is a Greenville native and a member of the choir at First Baptist. After graduating from Furman University in 2021 he spent a year in Austria as an English instructor through the Fulbright Austria program. In 2025 he completed his International MBA from the Darla Moore School of Business at the University of South Carolina. He currently works in the Wind Power Division at GE Vernova.

William is a National Academy of Sports Medicine (NASM) certified Senior Fitness Specialist dedicated to helping clients stay strong, mobile, and independent. In addition to his NASM certification, he completed undergraduate coursework at Furman University in exercise science and personal training, including hands-on experience working with clients through Furman's fitRX program.

William has a diverse fitness background. He has experience as a swim coach, dance instructor, and FitRx personal trainer at Furman University. His own athletic experience includes 12 years of ballet, 5 half marathons, and 10 strength competitions, including SC's Strongest Man.

These experiences have taught William that fitness is not one-size-fits-all. Every person brings a different body, history, ability, and set of goals to their fitness journey. His goal is to build a collaborative relationship with each client: William is the training professional, but you are the expert on your own body.

As a Certified Senior Fitness Specialist, William is especially passionate about helping older adults stay strong, mobile, and independent. His training focuses on creating exercise programs that are safe, enjoyable, and effective, with an emphasis on maintaining strength, balance, mobility, and the physical abilities needed to live an active and independent life.