



Fitness  
Center



# LOGAN LOWERY

Sports Performance  
Personal Trainer

## FAVORITE WAY TO MOVE/EXERCISE

Squats and deadlifts

## FUN FACT

I have lived in 8 states!

## WHAT DO YOU ENJOY THE MOST ABOUT BEING A PERSONAL TRAINER?

I enjoy helping people reach their goals.  
I really feel rewarded when people  
realize they are making progress and  
get excited about it.

## CREDENTIALS:

ACSM-CPT

First Aid, CPR, AED Certified

