



Fitness
Center

ADAM BOWEN

Personal Trainer

FAVORITE WAY TO MOVE/EXERCISE

Swimming, pull-up, RDL and barbell bench press

FUN FACT

I celebrated 20 years of marriage in September, 2023.

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

I enjoy building relationships while helping clients reach their goals, improve their quality of life and embrace a healthier lifestyle.

CREDENTIALS:

NASM- Corrective Exercise Specialist

NASM- Fitness Nutrition Specialist

EXOS- Exercise Fitness Specialist

First Aid, CPR, AED Certified

