



# Nick Lowrey

Personal Trainer, Group fitness instructor, and Corrective Exercise Specialist

## Education

Bachelor's degree in science

## Certifications

Personal Trainer Certification, Group Fitness Instructor Certification, and Corrective Exercise Specialist Certification.

## About Me

I always grew up in sports, but once I stopped, I was left with a bunch of weight gain and tons of knee pain. That's where my fitness journey started and the reason, I became a Personal Trainer. I made it my goal to improve people's overall health and help them move and feel better, so they don't have to live with chronic pain. I have put in multiple hours with a lot of clients with a large variety of goals and challenges.

## Personal Interests

I enjoy working with a variety of different people who have a variety of different goals. I love helping people just starting their fitness journeys or helping work on chronic pains with corrective exercises the most.

## Personal Interests

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Walton Family  
Whole Health & Fitness