



THE NEXT LEVEL

Personal Training at the Y

Zach Rowe



Philosophy

"I don't wanna be one of the masses, that's why I'm here in the gym."

-CT Fletcher

Background

Zach grew up playing sports such as baseball, basketball, soccer, and swim. He had a passion for sports and competition, which eventually led to his interest in health and fitness. Now he focuses more on body optimization and not high performance since he plays sports recreationally, rather than competitively. He loves sharing knowledge about fitness and nutrition and is committed to learn more about kinesiology, while attending CSULB.

Workout

Zach's workouts will be challenging and nothing like any other workout you've ever done. He enjoys utilizing functional fitness and traditional weight lifting with clients. He pushes others to improve a little bit everyday, because if you're not improving you're falling behind. That's what he wants to instill onto others with training... to be an ever improving version of yourself.

Certifications & Specializations

- National Academy of Sports Medicine (NASM)
- NASM Weight Loss Specialist
- NASM Fitness Nutrition Specialist

Interested in Training with Zach?

Lakewood Family YMCA

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