

## Education & Certifications:

- \* ACE Certified Personal Trainer
- \* CPR/AED/First Aid Certified

## Training Philosophy:

Whether training for a specific sport or just trying to look and feel better, fitness can bring success to all aspects of our lives. I believe that if one consistently tries to be come more fit tomorrow than they were yesterday , than gratitude, wealth and happiness will follow.

## Training Specialties:

- \* Adult and Youth Sports Training
- \* Body Sculpting
- \* Weight Loss and Management

## Interests & Hobbies:

- \* Music—playing it, writing it, listening to it and moving to it!
- \* Anything that gets me moving, preferably outdoors, and especially with my two sons!
- \* I'm always up for new experiences and adventures



## PERSONAL TRAINER



# Barclay Logan

Here to...

Help you reach  
your fitness and wellness goals!

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registration information.