



Dean Bowen

Personal Trainer



- Over 9 years of Experience with Results
 - NETA Certified Personal Trainer
 - NETA Certified Group Fitness Instructor
 - TRX Suspension Training
 - BOSU Balance Training, TRIXTER X-Biking
 - Focus on Functional-Dynamic Workouts
 - BS in Physical Education
 - MSed in Adapted Physical Education