



MEET THE TRAINER

Zach Adkins

Education | Certifications

Expert Ratings Global Certifications-
Personal Trainer

Silver Sneakers Certified

American Red Cross, CPR Certified

Specialties

Designing individual Workout plans

Weight loss

Gaining Functional Muscle

Increasing Flexibility

Increasing Strength and Muscle Mass

Conditioning and Stamina Training

Working with all age groups, beginners and experienced



Personal Bio | Training Philosophy

My goal is to establish long-term client interactions with the goal of integrating exercise and optimal wellness into the demands of daily life. My fitness approach is to emphasize age appropriate programming with a specific focus on cardiovascular and strength training in combination with balance and flexibility. I look forward to working with you and helping you achieve your fitness goals!

Telephone number: (606)744-4341

Availability

Open