



Reece Pawlowicz
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

I emphasize muscular adaptation using safe and sustainable strength training, progressive overload and a holistic approach to health and recovery. Fitness is not just about being in the gym, it also includes empowering people to live longer, healthier and more confident lives.

AREAS OF SPECIALTY

- Creating consistency and sustainability
- Weight loss
- Muscular adaptation
- Strength and conditioning training
- Creating SMART Goals

INTERESTS & HOBBIES

- Cooking
- Traveling
- Reading
- Watching shows and movies

EDUCATION/CERTIFICATES

- Bachelor's Degree in Exercise Science
- Master's of Science
- NASM-Certified Personal Trainer

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

