



**Certifications:** NAFC Personal Trainer Certification, NAFC Group Fitness Instructor

**Focus:** Strength training, cardio, balance conditioning and circuit training. One-on-one and group training. I work with all ages and fitness levels.

**Personal bio:** Ray is from Cleveland. He has lived in Mansfield with his wife and three children for 10 years. Over the years he has enjoyed coaching his girl's soccer teams. He is also active in the church and the community.

I am passionate about fitness because I have always enjoyed working out and helping others enjoy a better quality of life. My grandmother told me, "If you take care of your body now, it will take care of you in the future."

**REY OWENS** NAFC Personal Trainer Certification