



Certifications:

NASM Certified Personal Trainer

Changing your life completely or just taking one more step in the right direction, let Bo Gallaway, an NASM-certified personal trainer, help you accomplish your goals. With efficient and results-driven training, let Bo build a specific to you training program for any goals. Could be weight loss, building muscle, sports-specific, or overall health and wellness; Bo can help support and train you to be your best.

Personal Bio:

Bo grew up in Lucas, Ohio, playing competitive sports from a young age. Bo found his passion for exercise and the gym around 15 years old and wants to help others enjoy the process of bettering themselves as he does. "Getting in shape doesn't have to be a chore; it can become the best part of the day when done right."

BO GALLAWAY

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