



Adam Crowley

ACE Certified Personal Trainer

Specialization:

Total Body Fitness

Sports Specific

Weight Control

Education:

(Current) Major in Health, Human Performance & Recreation with a minor in Health Promotion
Expected Date of Graduation May 2008

(Future) Plan to attend UW- Whitewater for a currently undecided Masters Degree.

Certifications:

American Council on Exercise Personal Trainer
American Red Cross BBP, AED, and Adult CPR

Experience:

UW-Whitewater

Rec Sports Personal Trainer

Spring 2007 - present

Strength and Conditioning Program Coach

Spring 2007

Varsity Football

Spring 2004 - Spring 2006.

Personal Philosophy:

"You can have it all you just can't have it all today"
I want to help you achieve your fitness goals. However for me to help you, you have to be ready to help yourself. You must be willing to give commitment, effort and hard work. I look forward to training new clients and get great pleasure out of helping people.

Interests:

Lifting weights, Running, Camping, Fishing, Hunting, Bocce Ball, Facebook, Water Skiing, Friends, Movies, and all sports especially Basketball and Football. The list could go on and on.