

Pumps Fitness: It's All About Personal Attention

By Cheryl Wooten



Head trainer and owner, Ian Bowen.

When the going gets tough, the tough get going. And Pumps Fitness owner, Ian Bowen, is no stranger to tough situations. "After having been paralyzed from the chest down from spinal cord surgery in 2009, I had to work very hard to get my body back. This journey included rigorous physical therapy and exercise. Having to overcome weight gain and lack of mobility and doing

it through exercise (something I enjoyed) gave me a sense of accomplishment every time I had a small victory. I got into this line of work to inspire others to do the same."

Pumps Fitness is a Personal Training and Pilates studio that provides a safe, comfortable and welcoming environment for health-minded people of all kinds. "It's important to protect, improve and increase our health because we only have one body and one time around," Ian shares. "We focus on training for life and functional movement. By utilizing proper form and mechanics and making sure each workout is different, your body can't get used to the same thing and plateau. We keep your body guessing. The goal is to be lean, have good muscle tone and carry that throughout life."

In addition to group fitness classes, personal and small group training, Pumps offers Pilates instruction, a low-impact method to improve strength and flexibility throughout the body using a piece of equipment called a Reformer. "You'll burn calories and

gain lean muscle without having a sweaty workout," Ian explains. "Jake Arietta won the Cy Young Award last year, his breakout year, and attributes his performance to Pilates."

"For many people, working out can be an intimidating experience.

They're reluctant to go to the gym for a number of reasons like the overwhelming size of a large chain workout center, not knowing how to perform the exercises, the often high-pressure environment and the feeling of being just another number. At Pumps, we believe that in order to reach your goals and full fitness potential, you need to be comfortable. We provide a friendly, private, no-pressure atmosphere where you can focus on your fitness. The personal experience we offer ensures you're not going to get lost in a sea of 50 people," Ian shares. "We offer a schedule that works for you because it's all about personal attention."

Helping people make small changes that impact their lives is what inspires Ian. "When a client hits a strength or weight loss goal or can move in ways they couldn't before, it makes my day. To see the smile on their face and feel their gratitude makes it the best job on earth. My favorite quote is from Gandhi, 'Strength does not come from physical capacity. It comes from an indomitable will.' And I believe that as long as you have it in your mind and in your heart, you can achieve anything."

A Certified Personal Trainer through the National Academy of Sports Medicine, Ian has also studied Tai Chi, is a Reiki practitioner for stress reduction and relaxation, and is certified in RESET®, a motor control restoration system that pinpoints and eliminates the joint dysfunctions that affect posture and movement.

Ian's highly skilled staff includes his wife, Michelle, and four other personal trainers and Pilates instructors. He also has several independent group instructors.

Ian and Michelle have been married for 16 years. "She's my partner in life as well as at Pumps." Michelle teaches group fitness classes and handles the accounting, payroll and back office duties. They have two children, Kyla (13) and Jace (8), two cats and a dog. "Fitness and athletics is in our blood. Both of our kids play soccer, Michelle plays in three volleyball leagues and we like to run to stay in shape." The Bowens also volunteer in the community: Michelle at Memorial Elementary School and as Kyla's Girl Scout troop leader and Ian as a coach and board member for the Valparaiso Soccer Club.



The Bowen family: Kyla, Ian, Michelle and Jace at the Pumps Grand Re-Opening on September 10, 2014

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