

It's working out

Personal trainer realizes dream with new gym

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HIGH POINT — If you go to work out at TL Fitness, don't expect to park yourself on a treadmill and watch TV for 30 minutes.

Torrey Lowe, owner of the newly opened gym in the former Lyles Chevrolet complex on N. Main Street, is a personal trainer who tailors fitness regimens to his customers' needs.



Torrey Lowe, personal trainer and owner of TL Fitness, demonstrates the proper technique on how to do a barbell squat. At TL Fitness, clients can have personalized workouts or group sessions. LAURA GREENE | HPE

Whether your goal is to lose 20 pounds before your wedding day or add muscle for next football season, he said his calling card is delivering individualized workouts.

"My goal is that you never do the same workout twice, and it's stuff you can take with you," said Lowe, who opened TL Fitness in late August. "I'm not going to have a client for three years, so I want them to be able to do (workouts) on their own. I want them have a healthy lifestyle — just trying to change habits."

Lowe played football and baseball at Greensboro College, where he graduated in 2008 with a degree in exercise science.

He set several school records as a wide receiver and kick returner during a decorated career on the gridiron, and was inducted into the school's Athletics Hall of Fame earlier this year.

During college, he also started working part-time as a personal trainer and decided to pursue the field for a career.

"I just had a knack for fitness and a work ethic for trying to better myself," he said. "I always had a dream of opening a gym and helping others."

His connection with the family of Tu Sen, owner of the restaurant 98 Asian Bistro, led him to High Point.

While working as an independent trainer in Greensboro, Lowe's clients included Sen and her daughter, a tennis player.

He settled on the space for TL Fitness within the same complex as 98 Asian Bistro.

"I looked at some places in Greensboro, but that market is CrossFit gyms everywhere," he said.



TL Fitness provides the tools to drive a healthy lifestyle with safe but challenging exercise programs for all age groups and level of performance.

The High Point location offers ample space, and Lowe put significant investment into outfitting the gym with new flooring — including a strip of turf for running exercises and agility drills — and all manner of fitness equipment, such as weights, rowing machines, a pull-up rig and climbing rope.

The variety allows him to design workouts that are fun, yet challenging.

"I train everyone from athletes to seniors — a lot of people with back problems who need to strengthen their core, which is something that everyone needs," Lowe said. "I'm

big on mobility for all clients. If they have something wrong with them, I want to help them find a way to fix it."



TL Fitness is at 1800 N. Main St. unit 130 in the former Lyle Chevrolet building.

of his gym, he showed a wall with the TL Fitness logo where clients had written out their training goals. These included losing 20 pounds, running one mile, doing a certain number of pushups — each one a little bit different from the others.

"It helps keep them motivated," he said.

He also has the expertise to provide sport-specific training for athletes preparing for their upcoming seasons.

Lowe offers individual and group training sessions. During a recent tour