

Erica D.



Certified Personal Trainer
Master Trainer
Fitness Manager
Team Member Since: 2003
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Exercise Physiology from Grand Valley State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Soccer
- Traveling
- Music
- Camping



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 435

