

Erika L.



Master Trainer
Group X Instructor
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Exercise Science; Minors in Sports Medicine and Physical Activity for the Disabled from Ball State University, IN
- American Red Cross Water Safety Swimming Instructor
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Federation of Professional Trainers - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Nutrition and Cooking
- Volleyball
- Racquetball
- Swimming and Water Activities
- Fun at the Beach



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

24hourfitness.com/personaltraining

Club ID: 630

