

# Erick F.



**Certified Personal Trainer**  
**Team Member Since: 2009**

## Education & Certifications

- Aerobic and Fitness Association of America - Group Fitness 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

## Hobbies and Achievements

- Boxing
- Marathons- Have finished 5 Marathons and 2 Ultra Marathons
- Triathlons
- Fitness competitions



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