

Erica V.



**Certified Personal Trainer
Team Member Since: 2011**

Education & Certifications

- BS in Kinesiology from California State University, San Bernardino
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Dance - hip hop, theatrical, jazz, theatre and acting, music- singing and writing
- Running, snowboarding, coaching and running hurdles track, gaming
- 2000 State Champion Cheerleading, Sultana High School, Hesperia, CA
- Record Holder 4x100m/100&400mH, 2002 Victor Valley College Womens Track
- 2000 CIF Southern Section Champions Track Team, Sultana High School



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