



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Education: B.S., Graphic Design

Certification: ACE Certified Personal Trainer, Les Mills RPM™, Les Mills Sprint™, NETA Tires, Ropes, Squats, Oh My! Certified, Spinning® Instructor Certification

Focus: Indoor Cycling, Total Body Strength Training through Functional Fitness using Circuit & Interval Training in Small Group or Individual Settings.

Personal Bio: After starting my own weight loss & fitness journey over 9 years ago, I decided to become a Group Cycling Instructor. I enjoyed motivating members in class and started to develop a passion to help others on a more personal level. I decided to pursue Personal Training then managed my own gym for two years until starting here at the Y. I have the privilege of training clients of all ages and abilities to help them achieve their personal goals.

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ERICKA KRAMER Personal Training Coordinator