



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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

Focus: Total Body Strength Training with a focus on Functional Fitness using Circuit & Interval Training in Small Group or Individual Settings. Whether you are looking to get stronger, tone up or looking to lose weight, I can help get you there!

Personal Bio: I began sharing my love for fitness in 2006 when I became a Group Cycling Instructor. I enjoyed motivating members in class and started to develop a passion to help others on a more personal level. In 2008 I decided to pursue Personal Training and managed my own gym for two years before joining the leadership staff at the Y. I have the privilege of working with an incredible team of Personal Trainers, meeting new clients and matching them up with our trainers here and training clients of all ages and abilities to help them achieve their personal goals.

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ERICKA WAWRZYN Director of Wellness & Personal Training