

PERSONAL TRAINER PROFILE

PERSONAL TRAINER: ERIKA ENSIGN



CERTIFICATIONS:

- B.S. Exercise Physiology, Minors in Health and Coaching, Concordia University (Wisconsin)

BACKGROUND:

Consistent exercise has a profound impact on our quality of life. Whether your focus is on weight management, improving sport performance or increasing your daily activity, I can help you meet your goal. As a collegiate basketball player and team captain for Concordia University in Wisconsin, I directed and coached youth sports and specialized in fitness programs for children for more than seven years. In addition, I have conducted metabolic testing for clinical research and implemented post-rehabilitation programs for physical therapy patients as an aide. I love a challenge, and I'm determined to find a creative way to make exercise a permanent life-habit for everyone. Balance, flexibility, strength and cardiovascular training are the focus of training.

My personal interests including coaching and playing basketball for the Washington Athletic Club, training for marathons, spending time on the beach and a great night of karaoke!

SPECIALTIES: FUNCTIONAL TRAINING – CORE TRAINING – TEAM SPORTS – WEIGHT MANAGEMENT – CARDIOVASCULAR CONDITIONING – CIRCUIT TRAINING