

Erika Martin

Hi, I'm Erika, a certified ISSA Personal Trainer and Pilates instructor with a passion for helping people achieve their fitness goals - specializing in glute training, high-intensity interval training (HIIT), and group fitness. I create customized workout plans designed to challenge and transform.

With years of experience in the fitness industry, I'm dedicated to empowering my clients to build strength, improve flexibility, and reach their personal fitness milestones. Outside of training, I'm always exploring new ways to stay active and healthy, from trying healthy recipes to running a 1/2 marathon. Ready to take your fitness journey to the next level? Let's connect!