



INTRODUCING

Erica Page
Group Fitness, Kickboxing
and Yoga Instructor



Erica has been participating in sports and fitness for as long as she can remember. As an adult, she practiced hot yoga, as well as weight training, running, training in martial arts and dance, and just about any other sport that presented itself, until an injury in 2015 forced her to stop all intense, high-impact physical activity for several months. It was after this injury that she came back to her yoga practice with a whole new mindset, ready to slow down a bit and absorb not only the physical but the mental aspects as well, and eventually to teach and share her love of both yoga and other forms of physical fitness with others. Having studied privately for many years with a former world champion martial artist, she completed the training to teach Chinese Kickboxing as well, and has spent several years teaching teens & adults. Erica believes in the importance of getting to know and listening to our own individual bodies, and falling in love with the process of improving our bodies, through a healthy lifestyle and healthy attitude towards fitness.

EDUCATION & CERTIFICATIONS

- Registered Yoga Teacher 200
- Chinese Kickboxing Certified Instructor
- ACE Group Fitness Instructor

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

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