



INTRODUCING

Erika Sanchez Personal Trainer



I have always been passionate about helping people achieve their goals. I want to help clients find that “why” to their health and fitness whether it be busy Active Duty military members, new mothers, mothers to be or anyone simply looking to better themselves. Fitness has been the one constant in my life, and I want to share the many benefits it has to offer with our community. I was a gymnastics coach for over 10 years, working with high school students. I have also participated heavily in Crossfit and competed years ago. I have a 4-year-old son and worked out through my pregnancy safely and was able to continue after having him.

I currently compete in NPC body building competitions and am looking to get the Stuttgart Bodybuilding Team back up and running. Whether you're looking for general health and fitness or you want to compete in body building, I am ready to help you reach your goals.

EDUCATION & CERTIFICATIONS

- ACE Fitness Certified Personal Trainer

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

stuttgart.armymwr.com