



ERIN PIIBOR

PERSONAL TRAINER

WHAT MY CLIENTS SAY ABOUT ME

"She has an amazing ability to know exactly what my body could and could not do. Then she would extend what I could do one step at a time. She was always encouraging and a wonderful support system." – Margaret Blaine

Erin always inspired me, as she is a walking example of where you can go through the work you are doing with her. She takes a personal interest in her clients and you always feel as though she cares about you. She was also creative in the way she worked with any physical issues you might have. – Arden Munkres

Erin is extremely personable and a real joy to work with and anyone who works with her will look forward to their sessions. – Steve Moore

"Erin is always upbeat and ready to go. She can read your mood and push you in the right way to get the most out of your workout. She helped adjust the program through my injuries and through my pregnancy. She was great at helping either create goals or in helping me reach the ones I set for myself." – Charcie Clausen

"Erin, was very helpful and patient, while listening to what I was looking for to try and stay in shape. She was able to work around and through my injuries to keep the old bones and joints moving." – Marsha Moore

Every individual has a story, aspirations and hardships. Having over fourteen years of education and experience in the fitness industry guiding clients through a variety of goals like chronic pain management, weight loss, mobility, injury prevention, strength building, and sports/performance conditioning, it's clear that personal training is my passion! I strive to always be helpful, enjoyable and knowledgeable. Assisting individuals find quality of life, positive choices, a healthy routine, joy and results is an incredibly rewarding job and my chosen life's work! Whether you have never stepped into a gym before, are rehabilitating an injury, or already an exercise enthusiast looking for fresh ideas, my goal is to guide you with a comfortable, educational and enjoyable experience. I promise to listen, support and encourage. Building a relationship with you as your trainer and confidant is my number one goal so you can begin a path to achieve your goals.

My Motto: Each step you take will define the path you are on.

Qualifications:

- **MS in Exercise Physiology** - Indiana State University (2006)
- **Master in Public Administration** - Indiana State University (2008)
- **BS in Exercise Science/Sport Studies** - Indiana State University (2004)
- American Council on Exercise (ACE) Certified Personal Trainer
- Athletics and Fitness Association of America (AFAA) Certified Instructor

