



# POWER

PERSONAL TRAINING AT THE Y

## ERIN SCOTT

"My priority is helping others achieve their goals."



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## PERSONAL TRAINER

- ACTION Certified Personal Trainer
- My fitness philosophy is exercise should be a way of life - not a punishment for something you ate
- My client focus is building confidence and self-efficacy with exercise so that success felt in the gym instills positive habit change in your fitness routine
- My motivation comes from seeing clients feel better and improve their quality of life through exercise
- My favorite quote: "Forget YOLO. You only DIE once; you have to LIVE every day!"
- When I'm not training clients, I enjoy teaching group fitness classes, or spending time at home with my husband and our son

