

# Monroe Aquatics & Fitness Center

## Motivational Training Tailored to Your Fitness Journey

*Certified & Insured Personal Trainers*



### Durrell Erwin (704-840-8103)

**Education and Experience:** ISSA Certified Personal Trainer (2022-present); Owner of Might as Well Fitness LLC; 6+ years in the fitness industry.

**Continuing Education:** First Aid, CPR, & AED Certified.

**Personal Statement:** I started my fitness journey in 2019. My goal and mission is to help people feel better and look better with their bodies through training and education. I believe everyone deserves the right to good health and to be happy with themselves inside and out. My knowledge of strength training provides you with the needed guidance and confidence so you will have proper form, see results quickly, and reap the many benefits of strength training. Motivation is the key as training is the hard work and that's where i come in to support you and motivate you all the way period. If you are ready to embark upon your fitness journey with me, book your free consultation and let's start working together right away.



### Florami Lee (704-254-6051)

**Education and Experience:** WITS Level 2 Personal Trainer Certification (2018-present), Fitness Instructor (MAFC, 2016-present), Older Adult & Youth Fitness Foundation Nutritional Concepts (2019-2022), Health Coach (2023 – present)

**Continuing Education:** First Aid, CPR and AED Certified.

**Personal Statement:** Fun makes everything more interesting! I will always be an example and teach my clients how a healthy and fit lifestyle can be fun. I will be committed to empowering others through my knowledge of fitness, especially those who are long-lived and seeking the best quality of life. It is my passion to help the older population commit to healthier living, especially after seeing loved ones struggle because of poor health. Living life to the fullest through good health is achievable, and I will commit to those willing to commit to me and their own goals. I encourage balance in achieving fulfilling & healthier lifestyles to make the results lasting. The goal is to slowly and safely help, then progress strength training exercise at a vigorous level. With regular physical activity, it will lead to a more active and fulfilling life. After all, true health is real wealth!



### Zach Trotter (704-320-5665)

**Education and Experience:** University of North Carolina - Charlotte, Bachelor's Degree of Exercise Science & Minor in Public Health, Owner of Trotter Fitness Solutions (FTS) 7+ years in the fitness Industry. Individual training, health and wellness consulting, groups & boot camps, post-PT strength training, athletic performance and nutrition guidance.

**Continuing Education:** ACSM Certified Exercise Physiologist (ACSM-EP), NASM Certified Nutrition Coach (CNC) CPR, AED & First-Aid

**Personal Statement:** I began my own fitness journey at a young age, finding a passion for strength training, and helping guide others to their goals with that. After realizing this could be my career and gaining my education, I found that I could help so many more improve their lives. I became an exercise specialist with folks that are recovering and/or living with ailments. This included people getting stronger or more mobile after orthopedic surgeries all the way to chronic metabolic and cardio-pulmonary disease. Of course, I help clients with losing weight or building muscle, but in my years I have found that there is a lot more to it than that. Exercise is something that we all must participate in regularly to improve the longevity and quality of our lives, so let me help guide you through it!