



ERIE
COMMUNITY
CENTER

Education & Certifications:

- * ACE Lifestyle Weight Management Coach
- * ACE Certified Personal Trainer
- * CPR/AED/First Aid

Training Philosophy:

Helping people achieve their fitness goals by giving clients the tools and guidance they need. Consistency is the key to long-term weight management and health. Quick-fix diets do not work in the long run. I enjoy providing guidance and assistance to those who wish to learn how to make healthy lifestyle choices.

Training Specialties:

- * Weight management
- * Transitioning from walking to running in a sensible and safe way
- * Designing running programs for all levels and distances
- * Circuit/interval training

Interests & Hobbies:

Everything running! Reading, training, racing, traveling to races, etc.

Spending time with my wife and son.

PERSONAL TRAINER



Doug Croft

Here to...

Help you reach
your fitness and wellness goals!

Visit Guest Service for pricing and
registration information.