

Education & Certifications:

- * B.A. Psychology, Public Relations
- * NASM Certified Personal Trainer
- * CPR/AED/First Aid

Training Philosophy:

Providing an atmosphere of motivation and inspiration for clients to achieve their goals while having fun, is of utmost importance. As a former college athlete, I've seen the results of committing to achieving goals and the empowerment it brings us. My goal is to help my clients become the best, healthiest version of themselves while guiding and supporting them along the way!

Training Specialties:

- * Training clients of all fitness levels

Interests & Hobbies:

Coaching my 3 children's various sport teams, being outdoors/active, spending time with family and friends and being creative/designing items for my Etsy shop!



ERIE
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PERSONAL TRAINER



**Megan
Schimmelpfennig**

Here to...

**Help you reach
your fitness and wellness goals!**

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