

Erich deZoeten

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Training Philosophy

"I transform clients who feel limited by weakness, age, or distrust of their bodies into confident, capable individuals through purposeful strength training & mobility work. Drawing from my own journey with injuries, I provide expertise & accountability to help you build true physical strength, move naturally & freely, & overcome mental barriers. My approach combines calisthenics, lifting, & athletic movement patterns specifically designed for those ready to embrace profound personal transformation - becoming the strong, confident person you are meant to be."

Certifications

NASM Certified Personal Trainer

Specializations

Strength & Resistance Training
Flexibility & Mobility Enhancement
Sports Performance & Athletic training
Weight Management & Fat Loss
Post Injury Rehabilitation & Corrective Exercises
Functional Fitness & Daily Movement Patterns

Available Hours

Everyday: Mornings/Afternoons