



THE NEXT LEVEL

Personal Training at the Y

Erby Houston



Philosophy

"No workout is TOO hard if you are still alive, because when you recover you are better and stronger than you were before. I preach to my clients to think like an athlete, even if you feel nowhere near athletic status. Simply stepping into that mindset will bring you closer to your goal. Let me help you get there."

Background

Erby has a wealth of knowledge in health and wellness. Erby has 21 years of athletic experience and competed in high school track & field. He matriculated to college where he ran track and received his B.A. in Kinesiology & Health Science. Over his 12 years of professional fitness experience, Erby has developed a strong working relationship with Active Older Adults, focusing on balance, strength, coordination and flexibility.

Workout

Erby's workout program is one that combines traditional with the non-traditional. Bodybuilding mixed with endurance training gives him the best of both worlds. Weekly runs of 4-8 miles keeps his cardio at an optimal level. Coupled with power, speed, and tire workouts, he leaves nothing untouched, which helps during his Spartan races.

Certifications & Specializations

- California State University, Fullerton Bachelor of Science, Kinesiology
- National Council on Certified Personal Trainers

Interested in Training with Erby?

Lakewood Family YMCA

(562) 425-7431

erby.houston@lbyymca.org