



Erik Colloran

DAC Trainer Since:
June 2010

Education / Certifications:

- A.A.S. in Exercise Science and Movement
- American College of Sports Medicine Certified

Experience:

- 2 Years in the LCC Fitness Education Center and Therapeutic Exercise Rehabilitation Center

Professional Areas of Interest:

- Marathons
- Triathlons
- Strength Training

Personal Areas of Interest:

- Hiking
- Climbing
- Painting
- Reading

Favorite Quote or Philosophy:

"Whenever you find yourself on the side of the majority, it is time to pause and reflect." --*Mark Twain*

Home Town:

Medford, Oregon