

Erin McMahon

Lead Personal Trainer

Fitness Professional 3



Trainer Education:

BS Kinesiology, San Diego State University
NATA Certified Athletic Trainer
ACE Certified Personal Trainer

Trainer Specialization:

Injury Prevention, Care, & Rehabilitation
Athletic & Sport Specific
Strength & Conditioning
Core & Balance Training

Trainer Philosophy:

My goal is to motivate, educate, and guide each client to their highest physical potential. Whether you are a workout newbie, a weekend warrior, or professional athlete, my training approach is the same; an effective, individualized workout designed to keep you on the direct path to achieving YOUR goals. A trainer is a means to an end; a resource for information; a tool to be used to assist you in improving overall fitness and lifelong health.

Please contact Erin at erinm@svjcc.org

Addison-Penzak
JCC 
Silicon Valley
Levy Family Campus