



Eric Dempsey

Certified Personal Trainer
and Fitness Bootcamp Instructor
Specializing in Strength & Conditioning
and Fat Loss

Education/Background

• Troy University

- Degrees: BS Criminal Justice & Military Science
AS Physical Education & Fitness

- National Academy of Sports Medicine, (NASM) CPT
- Aerobics and Fitness Association of America (AFAA) CPT
- AFAA Multiple Client Training (Fitness Bootcamp)
- Certified Sports Nutritionist – IFA, ER, AMFPT, ASFA
- Certified Endurance Sports Trainer - NESTA
- Certified Kung Fu Fitness Instructor - NESTA
- Special Populations: NASM Training in Prenatal / Maternity Fitness, Seniors / Older Adult Fitness, Youth Fitness, Weight Management Fitness
- CPR/AED Certified
- 28 years experience in Fitness Training with Martial Arts Students, Soldiers, and men and women from all walks of life and fitness levels.
- Retired U.S. Army, Infantry, Master Sergeant with 20 yrs active duty. Completed tours of duty in Fort Benning, Fort Bragg, Fort Campbell, Germany and Hawaii. Combat Veteran of Afghanistan and Iraq.



Hobbies

Martial Arts

Bowling

Photography

Hours: Mornings 9am – 1pm

