



*Eric Williams*



Eric, a Maryland native, cultivated a love for sports and physical activity at an early age. As he transitioned out of the days of organized team competition, he searched for a way to stay motivated to move, all while maintaining a focus on fun. Eric initially found that balance in cycling and obstacle course racing.

Looking to improve his abilities on those fronts, Eric started attending the Gladiator Fitness Corporate Boot Camp at the Discovery Communications office. There, he developed a renewed interest in physical activity as a key component of a healthy & happy life. As a Certified Personal Trainer, Eric went on to lead the Discovery Boot Camp and join the ranks of Gladiator Fitness!

