

# VITALITY ATHLETICS

Simply put, Vitality Athletics' mission is to help you. The mantra of owners Tyler and Erin Trettin is: "change your life with us". Originally founded in 2010, it was in May 2019 Vitality Athletics opened their current facility in the Trout Run Business Center. Since then, Vitality Athletics has helped their members ascend to and surpass all of their fitness goals, while forming lasting relationships with their fellow athletes. As the Trettins like to point out, workouts aren't as bad when you're making new friends!

Co-owner Tyler Trettin has been working in the fitness field since 2006. Physical fitness has always played a huge role in his life, and he gets great satisfaction sharing

his passion with as many people as possible. His wife Erin was an English teacher for almost 13 years before deciding to follow her heart, and dedicate herself to fitness training and massage therapy. Her knowledge of kinesiology helps her coach members on moving their bodies properly to avoid pain and injury. Together, they make a formidable pair.

The quality that sets Vitality Athletics apart from other local facilities is that they make their members feel part of a team. It isn't the tracking of calories, the work outs and the weights that keeps their members returning, it's the people and the sense of camaraderie achieved through realizing their fitness goals as a cohesive unit that makes Vitality Athletics unique.

Stop down and let Tyler and Erin change your life for the better. They are located at 350 North Reading Road, Ephrata. They can be reached at 717-649-2051, or you can contact them via their website: [Vitalityathletics.fit](http://Vitalityathletics.fit) or through their Facebook page.



Tyler and Erin Trettin