

Emelia Straka

Hello! My name is Emelia Straka. I teach Total Pump and have been instructing fitness classes for 6 years. I trained to be a fitness instructor because I love fitness. One of my favorite things is teaching other people how to lift correctly and get healthy properly.

In my classes, I like to focus on helping people get stronger in a safe way. I encourage every participant in my class to push themselves and help them to learn how to keep track of their progress. My classes are easy to modify for all fitness levels and I love to help people of all levels see improvement.

I started my journey in fitness as a competitive gymnast and gymnastics coach. In addition to being a military spouse and teaching fitness classes, I have degrees in Education and Teaching. I look forward to seeing you in my class so I can help you on your own personal fitness journey!