

Emily Plocinik



Personal Trainer

Sequoia Employee Since: October 2017



Emily began her fitness journey in 2015 at the Sequoia pool. She needed to lose weight in a low impact but high intensity environment. Aquatics classes fit those needs and helped her start her weight loss journey. After building strength in the pool, Emily started to incorporate dry land training into her routine and eventually began seeing a personal trainer.

Having sparked an interest in exercise instruction, she became certified to teach aquatic and cycling classes through FiTour. Emily furthered her aquatics credentials by becoming certified through Aquatic Exercise Association (AEA), the gold standard of the aquatics fitness industry. Emily has had to overcome several significant injuries throughout her life and understands the critical importance of proper form and safety. She can help you achieve your fitness goals in the pool.