

PERSONAL

TRAINER

I have always been involved in sports/fitness in some capacity; either as an athlete, participant or as a mentor.

My choice for healthy living has translated into an every day approach. Being able to provide guidance and programming, to help others achieve their goals of living their healthiest life, is a passion that I want to share with as many people as possible.

I feel my personality and training is best suited for the active older adults, the beginner and weight loss clients. Whether its One-on-One or small group training I treat my clients with the philosophy that "WE can turn Intentions into Actions ... One step at a time"



Elise

CREDENTIALS:

CanFitPro Personal Trainer
Specialist

YMCA Fitness Instructor
Certified Yoga Instructor

EDUCATION:

MSc - Yoga Therapy/Philosophy

TRAINING LOCATIONS:

Terwillegar