



Elise

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 have been in the Fitness Industry since 2007, in various positions and capacities. I have an broad amount of experience and education, coupled with my strong belief in a commitment to building honest relationships. 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"

CREDENTIALS:

- ▶ CanFitPro Personal Trainer Specialist
- ▶ YMCA Fitness Instructor
- ▶ Registered Yoga Instructor

EDUCATION:

- ▶ Bachelor of Arts Degree

TRAINING LOCATIONS:

- ▶ Terwillegar Community Recreation Centre