



ELLIE THEISEN PERSONAL TRAINER



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- Certified Personal Trainer

About You:

I have lived here in Eau Claire since 2016. Health and wellness has been an area of interest for me for over a decade. Our bodies carry us through life, and we deserve to feel good for as long as possible. In my personal health journey, I find it is easier for me to maintain mobility, energy, and comfort when implementing regular exercise into my routine.

Training Style:

I utilize weight-training when working out independently, emphasizing adequate mobility work and stretching each time.

Closing Thoughts:

Health is not one-size-fits-all, and exercise is no different! My goal is to assist you in finding a routine that fits your goals, and you as an individual. With consistency and communication, I hope to help raise your confidence in your body's strengths and abilities.



EAU CLAIRE DOWNTOWN YMCA