



HAILI CARLSON

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- YMCA Personal Trainer
- ISSA Certified Personal Trainer
- ISSA Fitness Coach
- Certified Nutritionist
- Ante/Post Natal Certification

Hometown:
Winona, MN

About You:

Sports and athletics have always been a huge part of my life starting as a child and carrying into my college basketball career. During college, I really dove into the world of powerlifting and weight training and have developed a huge passion for it. I love pushing myself in all aspects of fitness from CrossFit, Powerlifting, Running, Cycling, and more! My passion is to take my love for health and wellness and empower people to succeed both physically and mentally in their own fitness journey.

Education:

Bachelor of Social Work and Psychology

Biggest Result with a Client:

Having a client see changes in their physical appearance and mental state that they never thought they would see. It makes me proud to see clients improve their self-esteem and gain confidence that shows in and outside the gym.

Define your Training Style:

Clients get their own personalized workout plan that caters to their unique goals and aspirations. I like to promote and encourage growth through failure as our bodies are always changing and adapting to be better, healthier versions of ourselves. I strive to provide the highest level of guidance and support, ensuring my clients not only reach their goals but also enjoy the journey towards a healthier, more active lifestyle.

Areas of Expertise:

Powerlifting, Strength and Condition, Plyometrics, CrossFit.