



HAILI CARLSSON

HAILI CADY

YMCA Personal Trainer
ISSA Certified Personal Trainer

Hometown:

Winona, MN

About You:

Sports and athletic training have always been a huge part of my life as I come from a family of powerlifters and athletes. I love to push myself in all aspects of fitness from HIIT, CrossFit, powerlifting, yoga, and more. I love to work with people and create individual plans that help those succeed both physically and mentally in their fitness journey!

Certifications:

ISSA: Certified Personal Trainer
ISSA: Nutrition Coach

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:

I like to work collaboratively with my clients and create a training program that best fits their specific and unique goals. I like to promote growth, freedom of voice and thought in training, and encourage growth through failure as our bodies are always adapting and changing.

Areas of Expertise:

Athletic training, CrossFit, and powerlifting.