

# **Renee Elliott**

## **Certified Personal Trainer**

### **Background**

Renee has been a resident of Tierra Verde for over 25 years. Originally from Minnesota, she attended Purdue University where she trained in ballet. Renee was a licensed real estate salesperson for 8 years in West Lafayette, Indiana.

### **Education**

Renee is a certified personal trainer with the National Academy of Sport Medicine (NASM). She is also a certified group exercise instructor with the Aerobics and Fitness Association of America (AFAA) and a certified instructor with the SilverSneakers® program. Renee has studied dance and choreography for many years and currently teaches dance and cardio circuit classes at Fit For Life.

### **Interests**

Renee has been active from the age of 6 training in ballet, tap and jazz dance. She was a cheerleader throughout junior and senior high school.

Renee continues her passion for dance and group exercise instruction by teaching classes at Fit For Life.

### **Personal Training**

Renee strives to individualize a program for her clients that will assist them to reach their goals. Whether the goal is weight loss, flexibility, balance, core or strength training, Renee believes you can personalize a system to meet these needs for all ages and fitness levels that is both safe and effective.

**Availability** – Daily Monday-Friday

