



Aisha Ellis

PTS, MES

Education

- Poliquin Biosignatures
- Can Fit Pro (PTS)
- MAT Jumpstart: Upper Extremity, Trunk, and Spine.
- Level 3 Rowing Coach
- Medical Exercise Specialist
- JGSI Spinning Instructor

Philosophy

Work Hard, Work Smart and Reap the Benefits...

Aisha has been passionate about sports since a very early age. As a competitive rower who participated in the '93 Canada Games and was a carded provincial athlete in Montreal she has developed an ingrained sense of balance between physical fitness, good nutrition and emotional and spiritual wellness.

As someone who is highly motivated by helping others reach and surpass their fitness goals, Aisha's approach includes incorporating what clients/individuals enjoy in their pastimes with elements required for a well rounded program. Her desire is that everyone she works with not only feel comfortable addressing their needs and enjoy reaching their immediate goals but also enjoying a lifetime of health and wellbeing.

**PERSONAL
TRAINING**

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