

Ingrid Larsen, Certified Personal Trainer, Balanced Body Trained Pilates Instructor

Ingrid has been working in the health and fitness industry for over 20 years. She received her degree in Health Promotion from the University of Iowa. Over the years she has worked in corporate fitness and wellness, a start-up integrative health center, commercial facilities and living rooms! Ingrid taught her first group fitness class in a junior high cafeteria...remember hi/lo aerobics?!

She loves to learn about health and fitness which enables her to further enhance her clients' lives. Ingrid is ACE Certified Personal Trainer and is also certified in TRX Suspension Training, Schwinn Indoor Cycling, SCW Pilates Mat and Small Apparatus. She is also trained through Balanced Body for Reformer, levels 1-3, and teaches various other formats in group fitness. Ingrid most recently completed training to become a Balanced Body Mat Instructor. Ingrid is also a nutritionist and health coach, certified by the Institute for Integrative Nutrition.