

Lisa Goodman- Certified Personal Trainer, Health Coach, Pilates Instructor and Independent BEMER Distributor

Lisa has a degree in Exercise Science from Iowa State University and has years of experience working in the health and wellness field. She is a certified Personal Trainer through the highly esteemed NSCA (National Strength and Conditioning Association) and also ACE (American Council on Exercise). She is also a Level 1 Certified STOTT Pilates Instructor and has completed the full Instructor training on all equipment as well as the ISP training for special populations.

Lisa is a certified Pink Ribbon Pilates Instructor and a Certified Health Coach through Totally Coached. I enjoy working with clients to help them to meet their fitness and wellness goals!