

ELLIE WANG

PILATES TRAINER

Balanced Body Mat 3 Certified

Balanced Body Reformer 3 Certified

Balanced Body Apparatus 3 Certified

Extensive Yoga Practice Experience

Profile:

Elie started Pilates seven years ago to deal with constant muscle tightness and joint pain that were affecting her mood. With consistent practice, she not only felt physically better but also found better stress relief and emotional balance. Now combining Pilates with strength training, she helps clients build strong, flexible bodies safely and effectively. She believes Pilates transforms both the body and the mind.

