



OAC PERSONAL TRAINER



Ellen Waters

Certified Pilates Instructor

Contact Ellen at personaltraining@oxfordathleticclub.com

Certifications:

PowerHouse Pilates Certified Instructor and Personal Trainer
PowerHouse Pilates Reformer I
PowerHouse Pilates Reformer II
PowerHouse Pilates Personal Training
PowerHouse Pilates For Golf

Experience

NSCA Certified Personal Trainer
AFAA Certified Group Fitness Instructor
Les Mills BodyCombat Instructor
Zumba and Zumba Toning Instructor
Bachelor of Fine Arts,
Point Park University

Specializations

Dancers
Post-Rehabilitation
Older Populations