



LAURA OLIVA

Training Staff

QUALIFICATIONS:

- American Council on Exercise (ACE) Certified Personal Trainer (current)
- National Academy of Sports Medicine (NASM) Certified Personal Trainer
- American College of Sports Medicine (ACSM) Certified Personal Trainer
- American Heart Association: CPR/AED Certification
- Balanced Body Mat and Reformer Pilates Instructor Training
- Bachelor of Arts in Music - Flute emphasis (UW Whitewater)



BIO:

I am a lifelong mover and have been in love with activities that combine athleticism with artistry since I was barely big enough to walk. Gymnastics, figure skating, competitive marching band color guard (Sound of Sun Prairie alum), Pilates, pole dancing, and aerial dance (dance trapeze, aerial hoop, sling, and silks) have all played crucial parts in my journey and heavily inform my personal training methods and philosophy. I am an active member of the Madison Circus Space, where I spend much of my time challenging my body and my mind by flying through the air and spinning on a variety of apparatuses.

I became a personal trainer in 2006, born out of a burning desire to help other people avoid the frustration of trying to figure out fitness on their own. I also saw that many people, especially women, were suffering needlessly - punishing themselves with unsustainable restrictive diets, hours of random cardio, and not nearly enough of any activities that were FUN and INTERESTING! It has been a core piece of my mission to help clients shift away from fitness as strictly a calorie-burning punishment to fitness as a vehicle for deep and lasting physical and mental transformation. My methodology includes Pilates, functional strength training, balance/flexibility/mobility play, mindful movement, and teaching sustainable and realistic ways to build fitness into your life.

Pilates is one of my biggest passions, and I have been practicing it religiously for nearly 20 years. 2020 presented me with the opportunity to do a lot of teacher training, so I am currently working my way through the Balanced Body Pilates Mat and Reformer Instructor training, and will complete those in 2021. I have been teaching Pilates to my clients for years, and the method informs everything that I do with clients!

As an ACE-certified personal trainer, my specialties are Pilates, strength training for women, strength/balance/mobility/flexibility training for older adults, and creating fitness programming accessible for clients with injuries or other physical limitations. I love what I do, and I am excited to share my love for fitness with the community at Supreme Health and Fitness!