



# Annelise Eastes

Exercise Specialist/Premier

## Education

- Butler University  
BFA Ballet Performance; Minor in Business Administration

## Certifications

- ACE Certified Personal Trainer  
- US Olympic Committee Certified Trainer  
- NASM Corrective Exercise Specialist  
- AED/CPR Certified

## Areas of Specialization

- Training for Dancers  
- Olympic Lifting  
- Injury Prevention/Rehab  
- Corrective Exercise  
- Mobility  
- Functional Training  
- Fat Loss/Muscle Gain

## Quote

"Life is a series of problems. How you handle them is what you are."

- Bob Milcik

## Biography

Annelise grew up in Sacramento, Calif. She started taking dance classes at the age of two and, by 16, was dancing professionally with the Sacramento Ballet. She went on to receive her BFA in Ballet Performance with a minor in Business Administration from Butler University, which has one of the top-five college ballet programs in the country. During her time at Butler, she discovered her love of fitness through cross training for dance and concurrently completed her first personal training certification. Annelise moved to Denver shortly after graduation to dance with a modern company and to

launch her career as a personal trainer. Since her move to the Mile High City, she has pursued multiple training specialties, taught dance and fitness classes, hosted fitness and nutrition workshops and continues to perform with several dance companies in various styles. As a trainer, Annelise believes that living a fit and healthy lifestyle extends beyond the workouts. Her programs incorporate coaching on nutrition, behavior change, mobility, postural alignment, sleep, stress reduction and more. In her free time, Annelise also enjoys cooking, obstacle course racing and modeling.