

Macie Drum, M.S.



Education:

Master's in Exercise Science- *Eastern Illinois University*

Bachelor's in Exercise Science - *Eastern Illinois University*

Experience:

Macie has experience in a variety of health and wellness settings that have equipped her to be able to serve all clients regardless of fitness level and goal:

- Cardiac Rehabilitation and Stress testing- *Carle Foundation Hospital*
- Kinesiology, Sport and Recreation Instructor-*EIU*
- Adult Fitness Program-*EIU*
- Group Fitness Instructor- *Mattoon YMCA*

Focus:

Functional Training

Weight loss

Circuit Training

High Intensity Interval Training

Group Training

Cardiovascular Fitness

Training Philosophy:

Macie applies a circuit-based approach to functional strength training, allowing her clients to improve their strength and efficiency through daily movements while simultaneously improving their cardiovascular function. Macie strives to make exercise fun and enjoyable for her clients in hopes of establishing life-long exercise habits.