

MACIE DRUM, M.S.

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.



Education/Experience

- Master's in Exercise Science (EIU)
- Bachelor's in Exercise Science (EIU)
- Cardiac Rehabilitation and Stress testing (Carle Foundation Hospital)
- Kinesiology, Sport and Recreation Instructor (EIU)
- Adult Fitness Program (EIU)
- Group Fitness Instructor (YMCA)

Focus

Functional training · Weight loss · Circuit training · High-intensity interval training · Group training · Cardiovascular Fitness