



Alisa Blanchard, BS, CEP

Personal Trainer

Alisa Blanchard has been in the health and wellness industry for over 25 years. She has managed wellness programs, including personal training and group fitness classes for YMCAs, Senior Living Communities, Corporate Fitness, and Private Clubs. She has a bachelor's degree in Exercise Science from the University of West Florida and is certified by the American College of Sports Medicine (ACSM) as a Clinical Exercise Physiologist. She holds over fifteen specialty certifications and has served as faculty and Master Trainer for certifying organizations such as ACE, AFAA, YMCA, and BOSU. She brings a wealth of knowledge and experience for all fitness levels, from the aging adult, special populations, pre and post-rehab to recreational and youth athletes.

Alisa is passionate about fitness and inspiring others to achieve a healthy and vibrant lifestyle. Her philosophy is "Exercise is Medicine and the Fountain of Youth".

Availability: Tuesdays and Thursdays

Contact Alisa at alisalee01@icloud.com or (904) 874-0619 to schedule an appointment.