

A portrait of Ben Pierce, a young man with short brown hair, wearing a black t-shirt, standing with his arms crossed against a blue background.

BEN PIERCE

PERSONAL TRAINER



BEN PIERCE

Certified Personal Trainer

About Me:

Currently, I am a Pre-Physical Therapy student at the University of Wisconsin-Eau Claire, majoring in Rehabilitation Science. I earned my personal training certification through the National Academy of Sports Medicine in July of 2022. His passion for the fitness lifestyle is what strives him to help others achieve their goals!

Certifications:

Personal Training

Areas of Expertise:

Strength training, cardiorespiratory fitness, and body composition. My training services center on mastering fundamental movement patterns to improve wellness and activities of daily living.

"I am most passionate about helping other's reach their goals to improve our overall wellness!"

MENOMONIE EAST & SOUTH YMCA