

## **Elisabeth Fouts**

Elisabeth Fouts serves as the District Fitness Manager of the Asheville RUSH Fitness Complex locations (Hendersonville Rd. and Patton Ave.). She has been employed with the RUSH since 2005 and has served as a personal trainer and group fitness instructor. Elisabeth received her B.S. in Education from the University of Tennessee – Knoxville in Exercise Science. Elisabeth enjoys promoting fitness as a lifestyle, as she has personal experience with significant weight loss.