



Get to Know....



Driven by Lisa
32652 Franklin Rd
Franklin, MI 48025
(248) 737-2803

Lisa MacDonald, owner of Driven by Lisa

Wanna get fit? Housed in the old Market Basket building, [Driven by Lisa](#), formerly Fitness Driven) has had a healthy growth spurt. Founded in 2006 and originally located in the upper level of the same building, Driven by Lisa, owned by Lisa MacDonald, expanded her footprint in 2018 to serve her growing clientele.

As a motivator, coach, trainer and fitness nutrition specialist, Lisa is fiercely devoted to helping people reach their goals and improve their lives. She is passionate about healthy eating and can often be found cooking when she's not in the studio. Beyond wellness, her interests include traveling the globe, adventure seeking, art collecting, and going for walks with Tig, her beloved poodle.

During the pandemic, Driven by Lisa has added virtual training and nutrition counseling to their plate of health goodies. MacDonald combines her ability to energize and motivate people with her extensive knowledge of exercise science, athletic conditioning, and Pilates to create workout programs tailored to the unique objectives of each client. She trains a broad array of individuals of all ages, working on everything from core strength, agility and injury prevention/rehabilitation to postural alignment and functional fitness. She holds a degree in exercise science.

MacDonald holds personal training and Pilate's certifications. As noted on her website [at Driven by Lisa](#), "we are into progress, not plateaus. We meet you where you are at and get you to where you never thought you'd reach."