

Melissa has been working as a fitness professional since 2006, **displaying a solid knowledge of group fitness and personal training techniques with proven results.** An outgoing and friendly personality, as well as abundant energy and captivating motivational techniques, create an environment that builds lasting client and participant relationships. Possessing a true passion for health and fitness, she has always focused on keeping exercise and healthy eating a top priority.

Her career began while studying at Philadelphia University by teaching group fitness classes to the students on campus. After the birth of her son in 2001, she started taking multiple classes a week and worked with a personal trainer to help successfully lose the weight that she gained during pregnancy. Shortly after that she acquired a National Group Fitness Certification and began teaching at multiple locations around the community.

In 2012, after working in the field for over 10 years, Melissa became the Wellness Director at a local non-profit community gym. It was then that she discovered her true passion for helping and motivating people. She went above and beyond to work with a diverse group of health seekers from all types of socio-economic levels. Melissa worked with everyone from school age children and teens to senior citizens and everyone in between.

While, motivating her participants to develop their fitness levels and achieve their goals, Melissa stepped outside the studio on her own time and took up an active interest in running. She placed in the top 3 in her age group in several local 5K and 10K races. In 2013, at the fabulous age of 40, Melissa completed the New Jersey Marathon. The following year, in 2014, she entered her first of several Bodybuilding competitions, competing in the Figure Division for the Organization for Competition Bodies. After successfully placing well in her 2nd and 3rd show, she knew it was time to share this drive and determination with as many people as she could reach. To expand her knowledge and education, she acquired her certification in Sports Nutrition.

What is so special and unique about Melissa is her ability to connect with people of all ages, ethnic backgrounds, and genders. She spent several hours of her time volunteering with teen girls at a foster home once a week as part of an outreach program. These teen girls adapted great to her intense workout routines that combine upbeat music and easy-to-follow cardio and conditioning moves. Two of the girls lost 15 pounds and showed a tremendous improvement in their confidence and self-esteem. The therapists and staff at the home couldn't have been more thrilled with these results. As you can see from the testimonials, Melissa inspires others to achieve their goals and then some. Those are just a few of the hundreds of people that Melissa has had a positive impact on throughout her career.

Education

- BS Management, Philadelphia University, 1995
- AFAA Primary Group Fitness Instructor Certification
- **AFAA Personal Trainer Certification**
- SCW Sports Nutrition Certification – Current
- Les Mills BodyStep Certification
- Les Mills BodyCombat Certification
- Les Mills BodyPump Certification
- Les Mills BodyAttack Certification
- Healthways Silver Sneakers Certification
- AFAA Mat Pilates Certification
- AFAA "Pilates with a Stability Ball"
- AFAA "Run Like a Pro"
- SCW "Moi Cycle: Interval Ride"
- SCW "Tabata Bootcamp Teaser"
- SCW "Bender Barre Bootcamp"
- SCW "The Ultimate Light Kettlebell Workout"
- SCW "Fit For Kids"
- SCW "Bodyweight Burn"
- SCW "All Small Ball"
- SCW "All You Need is You"
- SCW "Intense Intervals"
- SCW "Intensity Overload"
- Keiser Bike Indoor Cycling Certification April, 2015
- YMCA/ACE Foundations of Group Exercise 2015
- YMCA/ACE Foundations of Group Exercise 2016
- YMCA Healthy Lifestyle Principles 2016

Achievements

- **Advanced Wellness Director**, non-profit organization, March 2014-April 2017
- Wrote and Developed Masterclass and manual "**Core Power**", 2012-2015
- Wrote and Developed Masterclass and manual for "**Kettlebell Conditioning**", 2014-2015
- Wrote and Developed Masterclass and manual "**Balls and Bands**", 2012
- Wrote, Developed, and Implemented "**GO G-I-R-L: Growth Inspiration Running Learning**" Program, 2014-2015
- Health and Wellness Director, non-profit organization, May 2011-2014
- Creator and Director of the "**Fit Family 5k Run/2 Mile Walk**" Event for a non-profit health and wellness organization

- Employee of the Year, non-profit organization, 2012
- CPR/AED Certification, American Red Cross, Current
- First Aid Lay Responder Certification, American Red Cross, Current
- Administering Emergency Oxygen Certification, American Red Cross, Current
- Presented **"Core and More"** at the Sports Endurance Expo, Oaks PA, 2014
- **Organization of Competition Bodies "New Jersey Natural Open" May 10, 2014** – Figure – 4th Place, Novice Div.
- **Organization of Competition Bodies "Battle for the Belt" August, 2014** – Figure – 2nd Place Novice Class, 4th Place 40+ Masters Class, 4th Place Open Class – **Qualified for OCB Nationals 2014**
- **Competed in OCB 2014 National Championship** – Figure Division
- Instruct **Community Outreach** fitness classes and assist with the running program at "The Village", a home for trouble youth aged 13-18, 2013-Present
- Manager & Coach of the Philadelphia 76-ers **"Sixers Seniors"** dance team 2014-Present
- **Organization of Competition Bodies "Battle for the Belt" August 29th, 2015** – Figure Division – 2nd Place Novice, 3rd Place 40+, 4th Place OPEN – **Qualified for OCB Nationals 2015**
- **Organization of Competition Bodies National Championship 2015** – Figure Division 5th Place OPEN