

Melanie Callahan

Personal Trainer

I Can Help You

- Lose weight
- Improve your core strength and balance
- Achieve your overall fitness goals and make fitness a part of your daily life

Areas of Specialty

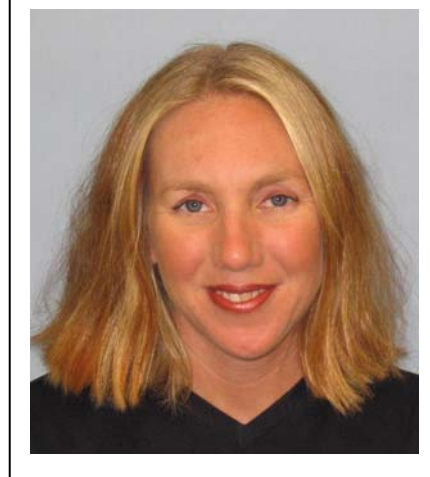
- Interval Training
- Stabilization Exercises
- Kickboxing

Emphasis/Philosophy

- I have a passion for fitness and I will help you set and achieve your goals. I will work with you to provide the positive encouragement, support, knowledge, and accountability that you need to achieve your fitness goals.

Qualifications

- National Academy of Sports Medicine Certified Personal Trainer
- Kickboxing Certification
- Resist-a Ball Certification
- Spinning Instructor Certification
- Group Fitness Instructor



Personal Note:

I am personally committed to overall health and wellness and am enthusiastic about helping others achieve their goals. I am intent on listening to my clients' needs and will strive to help them obtain personal success.