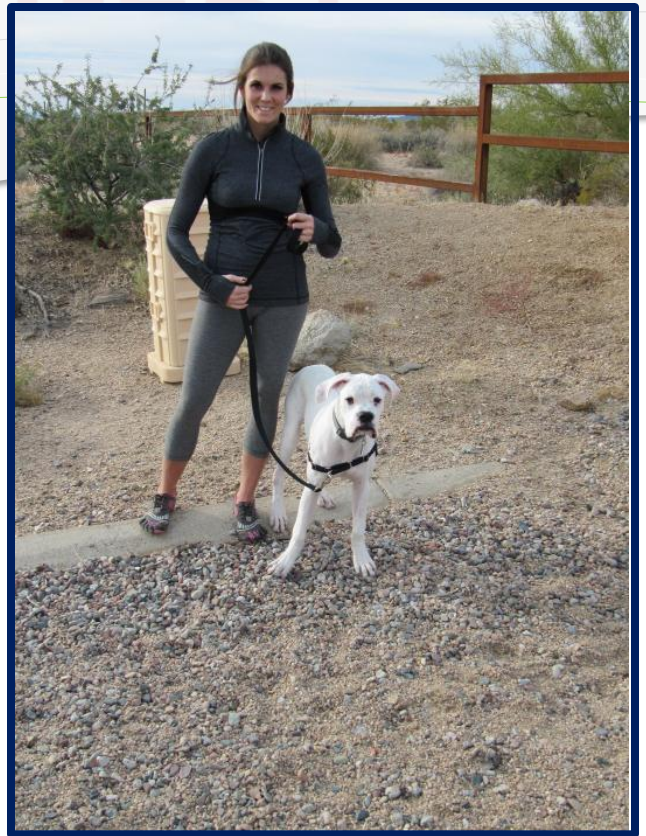


MELISSA ELGERT



I have always had a passion for health and fitness. As a certified personal trainer, I find it rewarding helping others attain their fitness goals. I place a great emphasis on living a healthy lifestyle; the importance of nutrition, staying active and making time for the gym is something I am eager to instill in others.



In addition to personal training, I am also a Level 1 figure skating instructor (and former skating competitor). My extensive background working with athletes, and as an athlete myself, has taught me the importance of commitment, hard work, and patience to obtain positive change.

I welcome the opportunity to meet new clients with any type of fitness goals. I strive to create variety and excitement in workouts, with the hope of making your fitness experience more enjoyable!

I look forward to meeting you in the near future and hope to assist you in your motivation to achieve your goals!

Certifications:

Personal Training Academy Global (PTAGlobal) Certification
CPR/Emergency First Aid Level C