

# Melissa Bierman

For over 10 years, Melissa has studied the body, nutrition, and exercise; she began personal training in 2003 and has experience working with swimmers, golfers, dancers, cheerleaders, and skaters. Since 2007, she has taught step, abs/core, and sports conditioning classes.

“Educating others about wellness, while providing workout regimes, supplement guidelines, and quality of life solutions is my passion.”

## **Certification/Education**

Indiana University: Bachelor of Science

- NCSF Certified Personal Trainer
- USAW Sports Performance Coach
- Weight Management Advisor
- Kettle Bell Certified
- Group Instructor: Step, Sports Conditioning, Spin, Zumba

Healing Park District