

Melissa Beaudry

Fitness Professional 2



Trainer Education:

NASM Certified Personal Trainer
De Anza College
Personal Trainer Certification

Trainer Specialization:

Strength Training
Core and Stability Training
Endurance Training
Cardiovascular Training

Trainer Philosophy:

Dedication, Consistency, and Patience
are what it takes to be in optimal shape.
You can achieve anything you
put your mind to.

