

Melissa Beaudry

Personal Trainer



Trainer Education:

De Anza College
Personal Trainer Certification
NASM Certification In Process

Trainer Specialization:

Strength Training
Core and Stability Training
Endurance Training
Cardiovascular Training

Trainer Philosophy:

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

