



MELANIE LA BARRE

Training Staff



QUALIFICATIONS:

- American Council of Exercise Personal Trainer
- American Council of Exercise Group Fitness Instructor
- TRX Qualified Instructor
- Cycling Fusion indoor cycling certified
- Les Mills Grit certified
- Zumba and Aqua Zumba certified
- PoundFit certified
- WERQ certified
- BollyX certified

BIO:

Melanie La Barre began teaching fitness 6 years ago with an emphasis on having a great time exercising. She is a certified American Council of Exercise Group Fitness Instructor and Personal Trainer.

As a dancer of 30 years, she loves to work 'from the inside out', highlighting the core and a mind/body connection.

As a videographer, she also understands the importance of functional strength and working to improve everyday life's movement.

To schedule training with Mel contact Supreme Health and Fitness at 608-274-5080 OR e-mail Mel directly at: mellabarre.trainer@gmail.com