

# Melissa Dennis



## Complete Fitness

**Bio:** Melissa Dennis is a certified personal trainer through the National Academy of Sports Medicine (NASM). She has been training clients at Trainers' Club for two years. Her past experiences in athletics include six years of competitive gymnastics which led to a career in coaching for several years following. She holds a Bachelors' degree in Psychology from Marylhurst University.

**Training:** Melissa's training methods involve creating fitness programs that cater to each individual's specific needs. She uses her knowledge and experience to help her clients achieve their fitness goals in weight management, sports specific training, building muscle, endurance training, stability and flexibility. Her programs are safe, challenging, and effective, as well as fun! Melissa believes that becoming a healthy and fit individual is a lifelong journey that helps us live our lives to the fullest.

**Life and Interests:** Melissa lives in Sherwood with her fiancé Jared. She loves to be active in the gym as well as outdoors. Her hobbies include yoga, gymnastics, spending time with friends and family, and learning more about health and fitness.

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