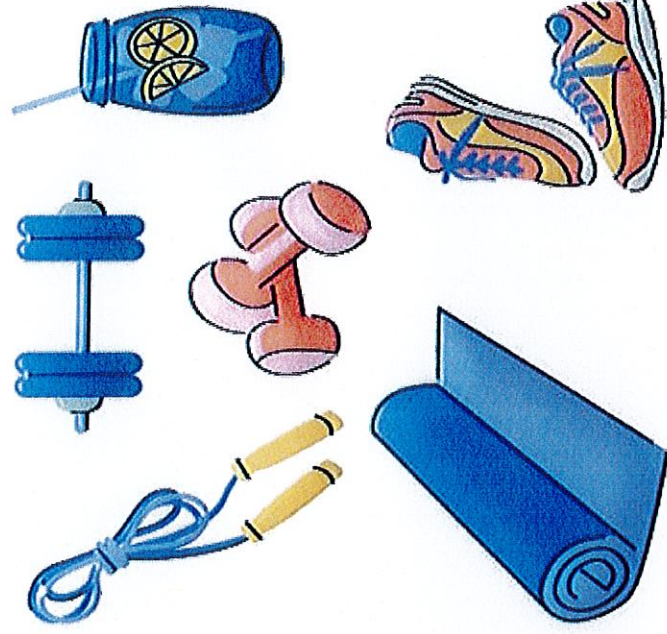


FITNESS FUN

The town will be hosting a free fitness class instructed by Fitness with Melissa for 6 - 8 weeks starting Thursday, April 7 @ 6:30 at the Lion's Centre. Ages 16 and up. Please call 678-2840 to register.



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Melissa is a certified personal trainer & nutrition coach. She primarily works with women online to overcome the all or nothing mentality when it comes to diet and exercise. This allows them to take things step by step and create a healthy lifestyle rather than using drastic methods that are unrealistic to stick with and often cause more harm than good to your health.

Melissa started her fitness journey by competing in bodybuilding shows from 2013-2016. In 2016 she made it to the National stage in Moncton, NB where she placed 3rd. Since then she has transitioned into more of a relaxed approach to living the healthy lifestyle and is passionate about helping others do the same.

In 2019 she had an accident on a snowmobile where she sustained a back and chest fracture. She fully understands what it's like to have limitations to exercise and how hard mentally it can be to find the motivation to get moving.

Melissa's favorite activity is to spend time outdoors with her 2 dogs, Honey & Skip and spend quality time with her friends and family. She'll be married 5 years this summer to her husband, Kevin.

She can't wait to join you in person and create a fun atmosphere to exercise! See less