

Melody Bedore

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Training Philosophy

“To move is to live. To live is to move.” My strongest motivation as a trainer is to help people embrace this philosophy and work hard to facilitate motion in the most efficient, strong, & pain-free way possible.”

Certifications

ACE Certified Personal Trainer
Movement Training System Specialist

Specializations

Strength & Resistance Training
Cardiovascular Conditioning & Endurance
Flexibility & Mobility Enhancement
Sports Performance & Athletic Training
Functional Fitness & Daily Movement Patterns
Post-Injury Rehabilitation & Corrective Exercises

Available Hours

Contact Melody For Availability