



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH YOUR WELLNESS GOALS WITH US

Hi I'm Melinda Shortall. You may recognize me from the Welcome Center. I wear many hats here at the YMCA. I teach GroupEx classes, and I am also part of our personal training staff. I am an NASM certified personal trainer. I also have experience competing in the NPC bodybuilding bikini division and through my experience competing, I have learned so much about weight training and nutrition.

I feel very passionate about helping others find happiness in life through a healthy lifestyle. I believe that when you feel good both inside and out you can accomplish anything. For me, a healthy lifestyle is more than weight training. It includes a healthy diet, cardio, rest, and self-care. I love helping others see and experience what their bodies are capable of with just a little attention to fitness. I make it a goal to help others achieve a happy and well-balanced lifestyle that will minimize the risk of future health related issues.

I have first-hand experience of the benefits of being fit having fractured my spine 5 year ago. My goal is to inspire and motivate you to take that first step. You'll not only look good but also feel better, happier, and more confident. All you have to do is commit to the journey towards a fit life. If you ever have questions, stop by and say hi!.

SIGN UP TODAY



**GET FABULOUS
GET FIT
GET STARTED**

MELINDA

TRAINER