

# ASSISTANT MANAGER

## Melinda Boros

I am highly competent and enthusiastic with a proven ability to help people achieve their fitness goals. Possessing a successful track record of evaluating a client's physical fitness, understanding their needs and then developing a practical and achievable workout routine for them to reach their targets.

**The ability to use one's knowledge to improve the quality of another individual's life is an extremely rewarding experience, therefore I'll always strive to become the best that I can be and place my efforts into helping others while I'm at my best.**



### SPECIALTIES

- Weight loss
- Muscle Building
- Power Lifting
- HIIT
- Female body confidence
- Exercise for mind & body
- Strongman Training
- Small group session

### QUALIFICATIONS

- Level 5, Exercise, Health and Fitness
- Level 3 Personal Trainer
- Les Mills Instructor (BodyAttack, BodyBalance, Sh'bam)
- Group cycling
- Metafit Instructor



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