

## **Kerry Melnyczenko**

Certified Personal Trainer | Fitness Coach | Group Fitness Instructor

With over 29 years of experience in fitness, my journey began in Basic Training and continued throughout my 27-year career in the Air Force, where I informally coached Airmen to meet the Air Force's physical standards.

As a certified personal trainer with 4 years of experience in one-on-one training and 9 years of coaching group fitness classes, I specialize in strength training and overall wellness. My approach is built on personalized training programs tailored to each client's needs, combining science-based techniques with motivation to maximize results. I believe that movement is life—the stronger we are, the better our quality of life. I am here to guide and support you every step of the way. My goal is to make fitness enjoyable, sustainable, and empowering for everyone, no matter their starting point.

### Certifications & Specialties:

- Certified Personal Trainer (Certification-ACE)
- Training Women for Optimal Health and Performance Certification (ACE)
- Coaching and Training Women (ACE)
- In Process of completing Nutrition Coach Certification (NCIS)