

Melissa Schroeder

(904)-710-8599



Training Philosophy

"Creating strength & longevity together through functional fitness. My passion for coaching was sparked by my own postpartum weight loss, & fitness journey. I know what it takes for a busy woman to get stronger, build self-confidence, & find herself again. Let me help you reach your goals through the magic of movement."

Certifications

NASM Certified Personal Trainer

Specializations

Weight Management & Fat Loss
Functional Fitness & Daily Movement Patterns
Strength & Resistance Training
Flexibility & Mobility Enhancement

Available Hours

Contact Melissa for Availability