

# MELISSA McADAMS



My name is Melissa McAdams. I have been a fitness instructor since 2014, when I became a Beachbody PiYo Live certified instructor. I am a busy mom of three beautiful children who motivate and inspire me to lead an active and healthy lifestyle. After losing 100 pounds, I firmly believe that anybody can reach their fitness goals and I would love to show you how. Check out my Facebook page, FAB FIT MAMA, for class details, exercise info and nutritional tips.

## CERTIFICATIONS:

PiYo

See Front Desk For This Month's Group Fitness Schedule!

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