



## **HOMETOWN**

Cleveland, Ohio

## **EDUCATION**

Cleveland State University  
Environmental Science, B.S  
in Geology

## **CERTIFICATIONS**

American Council on Exercise  
ASHI: CPR, AED, Oxygen, First Aid, Weight  
Management Specialist, Sports Performance  
Specialist, Precor Coaching - Queenax Small  
Group Program Design

## **CLASSES & BOOT CAMPS**

Cross-Training

## **MOTTO**

Your Body Can Stand Almost Anything. It's  
your mind that you have to convince. You  
are stronger than you think.

## **FAVORITE EXERCISE**

Deadlifts and sprint intervals



YMCA Personal Trainer

**DESI MELENICK**