

# Michele

# Bryan



**(AFPA) Certified Personal Trainer**  
**(AFPA) Certified Fitness Instructor**  
**(AFPA) Certified Cycle Instructor**  
**(AFPA) Certified Nutrition & Wellness Consultant**  
**(AFPA) Certified Post Rehabilitation Specialist**  
**American Heart Association CPR Certification**

Michele specializes in weight loss management (including body fat analysis), pre and post fitness testing, all cardio, circuit training and strength training (including heavy weights, kettlebells, stability ball, rubber bands & weighted bars). Michele also teaches many of the Group Fitness, Aqua Fitness and Spin classes here at the Wellness Center.

Michele was born in Carlisle, Pennsylvania but actually grew up in Winsted, Connecticut. She moved to Prescott, Arizona after finishing High School and resided there until March of 2009. From Prescott she first relocated to Alamogordo, New Mexico until she landed in Silver City. Michele was a full time Personal Banker, but still found time to teach Spin classes, as well as body sculpting classes at Premier Fitness. She taught those same classes at Prescott's Freedom Fitness too.

When asked what she is most proud of, Michele will tell you she is proud to have been happily married for 23 years and raising their three sons. Michele thoroughly loves teaching Spin, aerobics classes and personal training for 8 years now. Michele is responsible for creating the "New Year, New You Weight Loss Challenge" (2010). The "8 Week Challenge" (2011). The "Women On Weights" (2012). "The 10 Week Weight Loss Challenge" (2013) and the "8 Week Weight Loss Challenge" (2014). These challenges are created to help the participants lose weight and get fit in a fun group setting. She hopes to continue doing these types of programs every year here at the Wellness Center.

Michele loves the time she gets to spend with her family! Her favorite hobbies are hiking, camping, indoor cycling, weight training, swimming, reading (self help books), watching movies, shopping, and cooking.

**Michele will take training appointments during the hours of  
5:30 am and 6:30 pm | Monday thru Friday.**

**Please call 538-4805**