

Michele Bryan



**American Fitness Professionals and Associates (AFPA) Certified Personal Trainer.
American Fitness Professionals and Associates (AFPA) Certified Nutrition and Wellness Consultant.
American Fitness Professionals and Associates (AFPA) Certified Fitness Instructor, specializing in Aerobics, Body Sculpting, Indoor Cycling, and Water Aerobics.
American Heart Association CPR Certification**

Michele specializes in weight loss management (including body fat analysis), nutritional coaching, pre and post fitness testing, all cardio, circuit training and strength training, including heavy weights(for men and women), kettlebells, stability ball, rubber bands & weighted bars. Michele also teaches many of the Group Fitness and Aqua Fitness 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 in 1987 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 Trainer, but still found time to teach indoor cycling classes, as well as body sculpting classes at Premier Fitness. She taught those same classes at Prescott's Freedom Fitness(Arizona).

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 teenage sons. Michele loves the time she gets to spend with her family! Her favorite hobbies are hiking, camping, swimming, reading, watching movies, shopping, cooking, and baking. Michele is also quite proud of, and thoroughly loves, teaching indoor cycling and personal training for more than four years. Michele is responsible for creating the "New Year, New You Weight Loss Challenge" (2010). She also created the "8 Week Challenge" for the Total Body Shape Up Class (2011) and the new "Women On Weights" Program (2012) held in the Rehab Gym. These challenges are created to help the participants lose weight and get in shape in a fun group setting! She hopes to continue doing these type of programs every year here at the Wellness Center!

Michele has also created "Spin It Out" indoor cycling classes being offered to the Community and the Wellness Members. Please see the flyer on BCWC's website, front desk or see Michele for class times and more information! These classes are perfect if you are looking for a low impact, yet high intensity cardio work out!

Michele works here at the Wellness Center Mon. thru Fri. 8:00 to 5:00. Please see the front desk or call her at (575-538-4805) if you would like to make an appointment for "one on one" or "group" personal training sessions. Michele is available for other times by request.