

Meredith Chiapello

I began my fitness career instructing group fitness classes and now 25 years later, I am honored to continue to motivate and educate women of all ages and stages of life to not only reap the benefits of fitness but to find a level of enjoyment as well. Over the years I have expanded my knowledge and expertise in health and fitness to include Nutrition, Personal Training and Health Coaching and always learn something new from each person I have the pleasure of working with.

Training Qualifications & Education

*Bachelor of Science in Nutrition and Dietetics, East Carolina University

*Master of Science in Health Psychology, Walden University

*Certified Personal Trainer, AFAA, ACE

Specialties include Pre/Post Natal ,Post Rehab, Older Adult, Bosu

*Certified Group Fitness Instructor, AFAA, ACE

Specialties include Step, Kickboxing, Resisit-a-Ball, Balletone, Spinning, Pilates, Yoga