



# Michelle Freeman

Michelle Freeman is a Certified Personal Trainer through National Council on Strength and Fitness (NCSF). She is consistently adding to her background of knowledge with continual research and education in order to meet the needs of her varied clients. Michelle has a degree in education and more than 20 years of coaching experience under her belt.

A gymnast from the age of 4, Michelle competed for the University of Rhode Island as a four time Academic all-American. She has continued to compete regionally and nationally as a fitness competitor, winning the Fitness Atlantic twice, and earning the title of WBFF Figure Pro! Michelle also judges gymnastic competitions for USA Gymnastics.

Always up for a challenge, Michelle loves to run 5k's with her 2 sons, as well as obstacle racing, hiking, rock climbing, zip lining, and many other adventurous endeavors.

Michelle's motto is "Get Better Everyday" and she's eager to help you break out of a training rut, learn a new exercise, or just improve on your current fitness level. Pull her aside or make an appointment today!