



METROWEST YMCA

Personal Trainer: KEVIN MELESHUK

I have been guiding individuals toward their health and wellness goals since 2012. As a personal trainer, coach, and group exercise instructor, I have had the privilege of working with a diverse range of clients from high school athletes, older adults, to special populations. My experience as a group exercise instructor ranges from couch to 5Ks, strength and conditioning, TRX, boot camps, and kettlebells., I believe that one step forward, no matter how small, is a step toward progress.

Certifications:

- **NASM CPT**
- **RRCA level 1**
- **TRX**
- **Kettlebells**
- **Aqua Strong**
- **Boot camp**

-Kevin

Ready to get started? Fill out this form:

Personal Training Interest Form