

MEGHANN BANDT

BSEd, AFAA, NETA

PERSONAL TRAINER & GROUP FITNESS INSTRUCTOR

Meghann's journey in fitness started when she was at the YMCA. She was overweight growing up, topping the scale at 195 at the age of 14. Her dedication to attending group classes helped her shed nearly 50 pounds and gain self-confidence. She was encouraged by mentors to become an instructor. She began teaching group exercise classes for kids, seniors & adults. Her love and passion for fitness led her to obtaining her Bachelor's Degree emphasizing in Health, Human Performance & Recreation with a Minor in Health Promotion. Along with her degree, she also holds numerous certifications including: AFAA Personal Trainer, AFAA Group Exercise Instructor, NETA Indoor Cycling, SilverSneakers Tai Chi & Kettlebell.

MEGHANN BELIEVES THAT BY SHARING HER OWN WEIGHT LOSS & FITNESS JOURNEY WITH CLIENTS CAN ENCOURAGE THEM & KEEP THEM MOTIVATED.
IF SHE CAN ACHIEVE HER GOAL, ANYONE CAN!