



**MEREDITH BAY**

LAKE WINNIPESAUKEE



## **MELISSA KNOTT**

Melissa Knott is originally from South Bay California, she graduated from California State Long Beach University with a bachelor's degree in Communication Studies. She has always had a passion and love for fitness, nutrition and helping others reach their goals. In her previous years she has been involved in cheerleading, dance, gymnastics, track & field, volleyball, softball, snowboarding, surfing, and hiking. Melissa, currently certified through NASM, has been working with clients as a personal trainer and teaching group fitness classes. She has a background in functional fitness and has worked with Cross Fit trainers in implementing cross-training programs. She completed the 200RYT Yoga Teacher Training Program and is a certified yoga teacher. Melissa loves the outdoors, and in her free time enjoys stand-up paddleboard yoga, hiking, and spending time with her family.