



# Melissa Hughes

## Personal Trainer / Pilates Instructor

### Qualifications/Achievements

- Basic Exercise Science, IFP Dip - 1998
- Personal Training Diploma, IFT Dip - 1998
- Pilates Course – Mat Work – IFP Dip – 2002
- Comprehensive Pilates Instructor Course – Body, Arts and Science International – 2008
  - Exercise in Pregnancy – IFP Dip – 1999
  - Children and Exercise Course – ETA Dip – 2000
- Master Trainer for V-Cycle, Virgin Active, South Africa – 2000-2002
- Lecturer for Institute of Fitness Professionals, Johannesburg, South Africa
  - Group Training Instructor since 1990
- Owner of Let's Get Lean Pilates & PT Studio, Johannesburg, South Africa from 2003-2008

### Specialties

- Pilates
- Weight Training - Strength and Muscle Tone
  - Fitness and Flexibility
  - Special Condition Clients
- Sport Specific Clients (Dancers, Cyclists, Swimmers)

### A Bit About Myself

Having been 25kg overweight at the age of 24, I decided to do something about it and joined my first gym. Within a year I had lost the weight and gained a huge amount of passion for fitness. I decided then that I would try to pass that passion on and so started my career in fitness. I have been working in the fitness industry as an aerobic instructor, cycle instructor, Personal Trainer and Pilates teacher since 1990 – finally starting up my own Pilates and Personal Training Studio in 2003. I love working with people of all ages and find a huge amount of satisfaction in seeing my clients achieve their goals.