

## ***FITNESS BIOGRAPHY***

Melissa Aycock has been involved in the fitness industry for over twenty years. She believes in a wellness lifestyle that involves keeping the mind, body and soul fit. Melissa is a fitness competitor, triathlete, marathoner and former adventure racer. She recently competed in the 2013 NPC 'The Rocky' Bodybuilding, Figure & Bikini Championships finishing in the top 10 for her categories.

She is a certified aerobics and fitness instructor and personal trainer. Melissa is from Texas, which is where she began teaching aerobics and strength training classes while attending the University of Texas in Austin. After transferring to the University of Colorado and graduating, she immediately received her personal training certification and began working in a private gym. She continues to love all different types of fitness and athletics.

She co-owned an in-home personal training business **FIT CHIX**, in Orinda, CA and was a trip leader and trip specialist for Backroads, an active travel company headquartered in Berkeley, CA. She is the current Group Fitness Coordinator at the Colorado Athletic Club in Boulder and teaches indoor cycling and strength training classes.

