

## Megan Scales

Hello! My name is Megan Scales. I am certified as a Personal Trainer and Group Fitness Instructor through ACE. I have been a Personal Trainer for five years and I have been instructing group fitness classes for the past three.

Throughout my career I have instructed a variety of classes including: Total Pump, POUND®, Cycle, Boot Camp, standard weight training, and circuit training. I also instruct Aqua Glide as well as Aqua Spin.

I am an Army Veteran with deployments to Iraq and Afghanistan. I wanted to continue a career that focused on a healthy lifestyle and allowed me to help guide others to living a healthy life. I love encouraging others to push past the limits they have set for themselves. The greatest part of my job is to be able to watch a client or class participant do an exercise or lift a specific weight they thought they wouldn't be able to do.