

Core Confidence

Personal Training with Melissa Scott



This training has been designed to allow all fitness levels beat back pain, stress urinary incontinence & 'mummy tummy' (diastasis recti) with simple, yet innovative, core restoration breathing & mind-body connection exercises.

Message from Trainer — “I have spent endless hours in certification courses, seminars, reading & physical therapy. I personally have tested out these exercises & avoided surgery. If age or past pregnancy has left you wondering where your body went, let me help you find it again.”

To Book Your Confidential Session

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