



WAVERLEY OAKS
ATHLETIC CLUB

MICHELLE HARDIMAN

Take BodyPump Class with our Group Fitness Instructor of the Month.



Chances are, Michelle will have something in common with you. Not only has she lived on both East and West coasts, she has spent considerable time living overseas.

With interests ranging from horseback riding to baking beautifully hand crafted cakes and cupcakes, she can relate to nearly everyone in group exercise classes.

Michelle has a Master's degree in Physical Therapy.

With her background and emphasis on sports medicine, all of your workouts in Michelle's classes will be safe and effective.

Michelle is certified in BodyPump, BodyCombat, BodyStep, and CxWorx. She loves helping people get fit in a safe, fun, friendly environment.

Mondays 6:30pm
LES MILLS
BODYPUMP