

Melanie Boss

Certified Pilates Instructor

Melanie has been instructing Pilates since 2000. She holds a certification through Alternative Health & Fitness Concepts in Philadelphia under Janeen Galati. She has also attended several workshops over the years to better her training techniques including one with Ron Fletcher, a student of Joseph Pilates himself. Melanie grew up in the gym and in the fitness field through the influence of her mother, theatre, dance and group sports. She has always been amazed with what the human body can achieve. Melanie focuses on the Pilates concepts including control, fluidity, precision and breath of motion with all of her clients. She is committed to understanding and modifying exercises to best benefit her clients.



Most things I worry about never
happen anyway.

– Tom Petty