



Melody Bedore

Personal Trainer

Certifications

ACE Personal Training
ACE Sports Conditioning Specialist
Biomechanics Certification
Functional Training Specialist
Fitness Nutrition

About Me

Melody spent eight years training in the very competitive environment of Los Angeles, CA. She then moved to Northwest Arkansas where she owned and operated her own gym for ten years. After selling the business, Melody continued her passion for training at the Walton Family Whole Health and Fitness Center.

Personal Interests

General Strength and Conditioning - Agility/Dexterity/Mobility Training - Competition/Sports Specific Training - Injury Rehab/Prevention - Connection between Mental, Emotional, and Physical Well-being - Constructing Unique and Challenging Workouts for Specific Goals

Contact Information

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Walton Family
Whole Health & Fitness