



Melanie Neat, a Billy Blanks® Tae Bo® Fitness trained instructor, has brought this high powered workout to our Group Ex program. Melanie began her teaching career after losing 60 lbs using the Tae Bo® workout, and working with Billy Blanks at his Los Angeles studio. She is now in her 6<sup>th</sup> year as a "Tae Bo® Fitness" instructor, and can be found teaching at the Long Beach

and HB Boeing Fitness Centers as well as Frog's in the CSULB Pyramid.

Melanie's favorite move is the roundhouse kick, and she does it with a smile.... "I love to workout hard, but you have to do it with joy. It's just like how you live your every day life - how you go through the fire tells the world who you are."



Melanie shares a passion for sci fi, surfing, and reading with her 11 year old son; and aspires to bring Tae Bo® to her hometown, Long Beach. She truly lives by her favorite quote, "Become the change you wish to see in the world." - Gandhi