

Melissa Elfering
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EDUCATION

Eastern Washington University, Cheney, WA
Masters of Business Administration (MBA) **2012**

Eastern Washington University, Cheney, WA
MS Physical Education **1998**

Eastern Washington University, Cheney, WA
BAE Physical Education **1996**

TEACHING EXPERIENCE

Eastern Washington University, Cheney, WA
Lecturer – Exercise Science **2018 - now**
Teach courses including Nutrition, Anatomical Kinesiology, Physiological Kinesiology, Personal Training, Group Fitness Instruction.

Senior Lecturer – PEHR Department **1998 - 2013**
Taught courses including Group Fitness Instruction. Managed Group Fitness program and URC Fitness Center.

RELATED EXPERIENCE

Spokane Club, Spokane, WA
Athletic Director **2013 - 2018**
Managed all fitness and athletic programs at the facility.

CERTIFICATIONS & MEMBERSHIPS

- Athletics & Fitness Association of America (AFAA), Primary Aerobics Certification, 2000
- American Council of Exercise (ACE), Certified Personal Trainer, 2000
- American Council of Exercise (ACE), Certified Group Fitness Instructor, 1999
- National Strength & Conditioning Association (NSCA), Certified Personal Trainer, 2001
- Les Mills, BodyPump Instructor, 2010
- Les Mills, BodyJam Instructor, 2011
- Les Mills, CXWORX Instructor, 2011
- YogaFit, 200-hour Teacher Training, 2006
- IDEA Health & Fitness Association, member, 2000