

Melissa White Fitness/Postpartum Coach - Orillia

orillia

I'm not a robot 

Published on: 12/04/25	Hits: 1793
Comments: 0	See comments
Votes: 163	Score: 5

https://www.mindtrek.ca/personal-trainer/orillia/melissa-white-fitness-postpartum-coach-orillia_194378
.php



orillia

Melissa White Fitness/Postpartum Coach - Orillia

Melissa White Fitness: Your Local Postpartum Coach in Orillia, Ontario

Located in the heart of Orillia, Ontario, **Melissa White Fitness** is a haven for new mothers looking to regain their strength and confidence after childbirth. With a focus on postpartum recovery, Melissa offers a variety of classes and personal training sessions tailored specifically for women navigating the challenges of motherhood.

Accessibility and Amenities

One of the many advantages of Melissa White Fitness is the **free parking lot** available for clients. The studio features **on-site and wheelchair-accessible car parking**, ensuring that all mothers can access the facility comfortably. The well-equipped space also includes a **toilet**, making it convenient for moms attending with their little ones. From the business itself, every detail has been thought out to enhance accessibility and community engagement.

A Women-Owned Business

As a proud **women-owned** business, Melissa White Fitness embodies empowerment and support for mothers. Melissa's commitment to creating a welcoming and inclusive atmosphere is reflected in the glowing testimonials from clients who have experienced significant transformations in their postpartum journeys. Her expertise not only focuses on physical fitness but also emphasizes mental well-being and community building.

A Transformative Experience for New Moms

Many clients share their heartfelt experiences of working with Melissa:
"Working with Melissa over the last 4 months has allowed me to regain the confidence to move my body safely and properly after having my first baby."
"She has created a positive, welcoming atmosphere that anyone would be comfortable learning in." "Melissa was so attentive and knowledgeable; I felt comfortable right away."
These testimonials highlight not only the physical benefits of training with Melissa but also the emotional support she provides, helping mothers feel strong and capable during a challenging time in their lives.

Community and Connections

The classes at Melissa White Fitness do more than just provide a great workout; they foster a sense of community among local moms. Clients have expressed appreciation for the opportunity to connect with other mothers while engaging in empowering workouts. As one participant noted:
"Melissa has really created a community that is so supportive and judgment-free."

Get Started Today

If you are a postpartum mother looking for a safe and encouraging environment to get back into shape, look no further than **Melissa White Fitness**. With free parking, accessible amenities, and a dedicated, knowledgeable coach, you'll find everything you need to embark on your fitness journey.

Join Melissa White Fitness today and take the first step toward reclaiming your strength, confidence, and community! Your body and mind will thank you for it.

Our business is located at

14 Coldwater Rd W, L3V 3L1 Orillia, Ontario - Canada (CA)

The phone number of this **Personal trainer** is +1705-309-5322

And if you want to send a WhatsApp, you can do so at +1705-309-5322

We look forward to seeing you at:

Day Hours
Monday
8:30?AM–8?PM
Tuesday
8:30?AM–5?PM
Wednesday
8:30?AM–8?PM
Thursday
8:30?AM–5?PM
Friday
Closed
Saturday
Closed
Sunday
8:30?AM–5?PM

The website is Melissa White Fitness/Postpartum Coach

If you wish to modify any information that you think is incorrect related to this portal, we ask send us a message and we will handle it at the earliest convenience. Thanks beforehand we appreciate it.

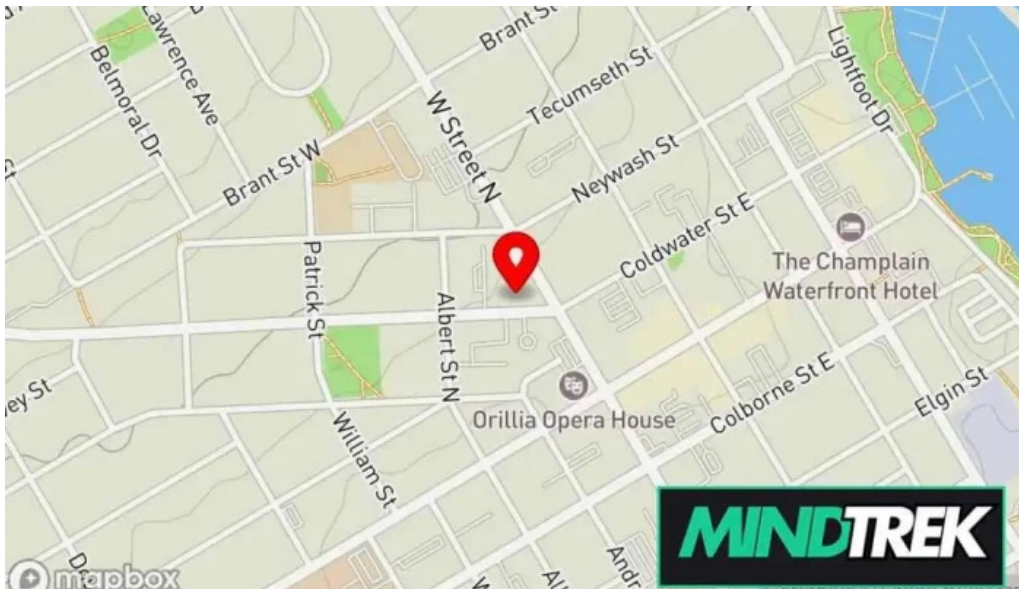
Images



Melissa white fitnesspostpartum coach training



Melissa white fitnesspostpartum coach street view 360deg



Melissa white fitnesspostpartum coach map



Melissa white fitnesspostpartum coach gym



Melissa white fitnesspostpartum coach by owner



Melissa white fitnesspostpartum coach all



Melissa white fitness postpartum coach orillia

Tags

Toilet, Free parking lot, Accessibility, Amenities, Identifies as women-owned, On-site parking, From the business, Wheelchair-accessible car park, Parking

Related content

4.3 * *Embrace Well Psychological Services - Ajax*

3.7 * *MacDonald Psychotherapy - Ajax*

5.0 * *Acquah Counseling and Consulting Services - Ajax*

3.9 * *Integrate Health Services - Ajax*

2.8 * *Jeff Packer Msw & Associates Inc. - Oshawa*

4.5 * *Safe Spaces Therapy - Ajax*

3.8 * *Mills | Gosse Psychology (Ajax Pickering) - Ajax*

5.0 * *Winning With Wisdom Counsel For Life - Pickering*

5.0 * *Ask Donna Marie Counseling Services - Ajax*

5.0 * *Centre For Cognitive Behaviour Therapy - Ajax*

Categories

acupuncture clinic

addiction treatment center
art studio
child health care centre
child psychologist
chiropractor
community center
community health centre
consultant
corporate office
counselor
dentist
doctor
family counselor
family service center
fitness center
health counselor
health spa
home health care service
laser hair removal service
life coach
lymph drainage therapist
marriage or relationship counselor
massage spa
massage therapist
medical clinic
mental health clinic
mental health service
naturopathic practitioner
occupational health service
orthopedic clinic
orthotics & prosthetics service
personal trainer
physical therapist
physical therapy clinic
psychiatrist
psychologist
psychologists
psychotherapist
skin care clinic
social worker
spa
speech pathologist

sports medicine clinic
student career counseling office
support group