

Meet Rachel Massey

Rachel grew up in Columbus, Ohio and just recently moved to Belleville. She graduated Cum Laude from Otterbein University with a B.A. in Health Promotion and Fitness and has been a fitness enthusiast since high school.

Rachel is a certified personal trainer through both American College of Sports Medicine and the Cooper Institute and has been training for eight years.

Instructing group classes (such as functional fitness, indoor cycling, interval training and boot camp) is both fun and challenging to her. Rachel has experience working with a variety of customers including expectant and new mothers, athletes, general population, youth and seniors.

While not at work, Rachel enjoys Crossfit, hiking and cooking healthy meals.

Welcome Rachel!

To set up personal training with Rachel, please leave your name and telephone number at the front desk and Rachel will contact you to set up your first appointment.