



Staff Biographies

The staff at Barbelle is really an amazing group! We are pleased to share with you an overview of their credentials and what inspires and motivates them.

Kerry McElroy, Barbelle Owner

Twelve years ago I joined a gym after a LONG hiatus. I was 32 years old and found myself in a very compromised place. It had been since my high school days that I had actually used Nautilus machines or picked up a free weight. And even though I've always been a fairly coordinated and athletic person...it was a daunting task to start anew. I felt overwhelmed and completely insecure stepping out onto what seemed like a mammoth area filled with machines I literally had no idea how to use. It's hard to believe...but it's the complete truth.

If you had whispered to me at the time, "hang in there...you'll own your own someday"...I would never have believed you. Really. The truth is, I had ballooned from a fairly active, fit, kid to a 217 lb. physically and emotionally unfit woman. And...I was not only unhappy...but ashamed of what I had become.

I set out with the house trainer on my first of 3 orientations, on that huge floor, filled with machines and barbells...lots of them...all rusty and steel. I'm not afraid to admit that I was scared and unsure of myself...and felt completely self-conscious on each machine this trainer (who was a wonderful and empathetic man that I eventually came to call a friend) led me to. And even through his patience and encouragement...I felt completely like a fish out of water.

My point is...we've all been there. No judgment. And getting and staying fit and active is a life commitment. That's right...a lifetime. Not something you ever give up. And I don't mean going to a gym necessarily (although if you do, I'm even happier...especially if it's mine)!

If we allow ourselves to reach a place in our minds of "no return" so to speak ...we feel defeated and lost...and worry about how we will ever get back in shape.

But the truth is...it can be done. I'm living proof. And even though most of you may never own your own gym...you can work out to be the fittest person you can be...always with an individual and serious commitment. Let's face it, we can talk ourselves out of anything, really. So find something you like to do...and make a date with yourself...or a friend or family member and...ENJOY! Here's to making a lifetime commitment!

Kerry is a SPIN and Body Pump instructor as well as a personal trainer.

Kim Kerrigan

Kim has been teaching fitness classes for over 20 years. She is a certified Personal Trainer, Group Fitness Instructor, and Lifestyle & Weight Management Consultant through the American Council on Exercise (ACE). She is also a certified BODYPUMP and BODYFLOW instructor, and holds specialty certifications in YogaFit, Turbo Kick and PiYo.

For Kim, fitness is more than a job...it is truly her passion. Her goal is to educate and motivate! Her philosophy is that if you only have one hour each day for fitness, every minute should count. She believes that success comes from working hard, smiling a lot and remembering to have fun...FITNESS SHOULD BE FUN!!

Bridget Monteiro

Bridget started at Barbell as a member in 2006. She started taking Body Pump classes and loved the class, but also realized she had a passion to teach it. Bridget is a Speech Pathologist by day, with an innate drive to instruct. After deciding to attempt the training, she passed, and became a Body Pump instructor. A year later Kerry introduced Spin to Barbell. My passion to ride became strong as well as my desire to bring such a fabulous health and fitness program to the club. Within a year I became a Madd Dog Athletic Spin Instructor. "Learning and teaching in a club like Barbell has not only been life changing for me, as I try to foster this onto my students so they may also understand the value of fitness and how it contributes to a strong and healthy being. Always with a SMILE!!! Being a fitness instructor for me is something I never thought I would or could do. The best part is seeing the smiles on all the faces in my class, and knowing they are improving their road to health and fitness....."

Bridget is a Body Pump instructor and Mad Dogg Athletics Spin Instructor.

Kerri McKinnon

"I have always been a "class person" says Kerri. "When I began my teaching career in high school science, I decided to get certified for group fitness. I wanted to combine my love for teaching with my love for group fitness."

Kerri's fitness certifications include: AFAA primary group exercise, YogaFit yoga, AAAI pilates, AAAI total body strength & gliding, Zumba, and Les Mills BodyFlow. Some of the classes she has taught over the years are: step aerobics, floor aerobics, body sculpting, gliding, yoga, pilates, Zumba, and BodyFlow.

Kerri loves being an instructor at BARBELLE.

Judith Schottenhaml

"I have been physically active all my life, and enjoy outdoor activities like running, cycling and swimming along with playing some tennis. I started taking Bodypump in Switzerland in 2003 and was hooked to it right away. That's when I decided I wanted to work in the fitness industry."

Judith went through Bodypump training and got her first certification as a Group Fitness Instructor just before moving to the US. "I'm very passionate about teaching Group Fitness classes and I am a strong believer of the success they achieve. I love the energy of Bodypump and to see how our members push themselves to their limits and take the extra step to challenge themselves to reach their personal goals. I have committed to a healthy lifestyle and want to help people enjoy the benefits of a physically active and challenging mindset. I believe that a sound body contributes to a sound mind." One of Judith's favorite motto's to live by is: Mastering others is strength. Mastering yourself is true power. Her next challenge is to run her first 1/2 Marathon in September.

Judith's certifications include: ACE Personal Trainer, ACE Pre Natal Fitness, CPR, AED, Les Mills Bodypump Advanced Instructor, Bodycombat, and Bodyvive.

Melanie Edwards

Melanie is a former Civil Engineer and mother of 3 who knows how important it is to make time for a healthy lifestyle. She has been teaching fitness classes since 2006. Her certifications include: AAI/ISMA Certified Mat Pilates Instructor, Yogafit Level 1 Certified Yoga Instructor, ACSM Certified Personal Trainer, and Les Mills Certified Bodyflow Instructor.

Melanie is training for her second sprint triathlon and second sprint duathlon this year.

Christine Mederios

Christine is a Swansea resident who has an active family life with a husband and two sons. According to Christine, "I've been involved in fitness for most of my life, but it wasn't until I became a member at Barbelle that I realized how much fun getting fit can be. Barbelle has so many great fitness classes, my favorite is Bodypump. I love Bodypump and most of all the results you get from Bodypump. It is for that reason that I decided to become a Bodypump instructor. I'm so excited to be part of the team at Barbelle. It is more than just a gym, it's a community!"

Her philosophy is to deliver a workout that is safe, fun, and challenging. She strives to inspire and motivate others towards a life of fitness and well-being.

Mary Ann Escobar

Mary Ann has been a member of Barbelle since the gym opened. She says "I truly fell in love with the place the moment I stepped into the gym. All the women here are so dear and important to me. I loved Body Pump and decided I would love to teach it. I am having the time of my life instructing and working out with all the great women here!"

Mary Ann loves Body Pump because it is a great all around work out. "Where else are you going to get great music, get inspired by all these women, and work out all the major muscle groups in your body in one hour!! Barbelle has such a great variety of women; mothers, sisters, grandmothers all joined together and sharing their accomplishments and life stories. There is no other place like it."

Her full time number one job is being a mother, but she also is a freelance court stenographer. Yes, she can type 225 words a minute in verbatim form! It allows her to work only a few days a week and spend the rest of her time at home with her children, taking care of her animals, and of course at Barbelle!!

Dawn Newman

Dawn has been teaching Group Fitness for 25 years and Personal Training for 20. She specializes in Aquafit Water Therapy. Over the years she has held many certifications in Group Fitness including, Kickboxing, Pilates, Weight Training and Senior Fitness. "As an AFAA certified Instructor I enjoy the positive energy generated watching my classes perform to the best of their abilities. I most recently became a Life Coach engaged in helping clients combine the mind/body/spirit connection."

Melissa Barboza

Melissa has been a Johnny G certified spin instructor since April 08. "I have always loved riding outdoors and when I started doing the spin program at Barbelle, I was hooked and soon thereafter decided to become a certified instructor. I am an outdoor enthusiast including boating, skiing, kayaking, bike riding, and scuba diving. I enjoy the passion and enthusiasm I see every week from the members who take my class."

Sue Sullivan

By day, Sue is a certified nail technician and licensed practical nurse, but in her free time, working out has become her outlet and passion. "I always wanted to teach and was really interested in step, but was always to afraid to get certified. "It was very intimidating knowing that I'd have to get up in front of everyone and have a routine down pat!!!!" After hearing that a Les Mills Program was being taught at Barbelle, "I thought - this is my chance to see what I can do! Also knowing I'd be training with other familiar faces was comforting."

Sue LOVES teaching Bodyflow and hopes to branch out and someday try Step. "I couldn't have asked for a better gym to start with!!" says Sue.

Shawne Fagundes

Although teaching BodyFlow and Zumba is currently only Shawne's part-time job, it is her full-time passion! She started her fitness journey in 1987 while attending Bridgewater State College, pursuing a degree in the field of Physical Education. "After having spent the past 20 years in the financial industry, I feel like I'm finally back.....to my original goals of teaching/educating about physical fitness." Shawne is presently pursuing her Personal Training Certification through the American Council on Exercise (ACE). "There is a reason I've never lost the desire to teach and help people. For me, there is no greater satisfaction than to know that I'm helping someone feel healthy, strong and truly happy with themselves."

Shawne's current fitness certifications include Zumba B1 & B2 and Les Mills BodyFlow.

Barbelle's mission is to provide women a safe and supportive work out environment. We help women of all ages and fitness levels safely meet their goals and our employees are committed to providing the best full fitness experience available.

