

Melanie Trapman  
Level 4 Professional Practitioner

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I'm Mel.

I'm a Pilates Teacher who studied with the APMA in 2008, and I own a studio in Dubbo, NSW. We run studio and private sessions, and currently I'm the sole teacher who works with an admin whiz, Pat.

The reason I started Pilates, was because there was a big wake up call when my Dad died in 2005. I decided to become a Personal Trainer, and on the rehab day in the PT course, I came across a physio who'd studied with the APMA. It encouraged me to seek out further training, and I realised very quickly that Pilates was the thing for me.

As a person I love challenging myself and am regularly doing things that'll help me grow into a better human.

I believe in being kind, grateful and I believe that you have to work hard for you want.

My main goal in life is to be happy, and backing that up I've learnt to fill my life with things that will support that.

I sing professionally as a side hustle and it's also my hobby along with playing the piano. I enjoy growing vegies and gardening, cooking yummy things, hanging out watching movies with my husband and prefer experiences over owning things.

As a mentor I'm very supportive, empathetic and also very practical.

I'd love to chat with you should you ever feel you'd like to.