



Melissa Callender Marketing Director

Melissa Callender was born in NH and raised between NH and Maine, moving every year while growing up. She moved to the Keene area 11 years ago, and in that time has made many community connections.

Melissa has previously served as the club manager at Option 1 Fitness in Keene and after struggling with managing her own weight for years, has found the struggle is a useful tool to help others who also struggle. As such, she is now a certified personal trainer, health coach and group fitness instructor and is currently working towards her life coach certification. She is very excited to step into this role, and to connect with her peers!

Melissa lives in Keene and enjoys all things outdoors with her daughter, Eleanor.