

Melissa Marotta

Melissa is a STAR 3 Spinning® instructor, Certified Personal Trainer (American Council on Exercise), outdoor cycling enthusiast, and a third-year medical student at the University of Vermont College of Medicine. Melissa hails from New York City, where she continues to train indoor cyclists for New York Sports Clubs in addition to coaching in her new home at the University of Vermont in Burlington.



Author of the popular blog Spintastic (<http://spintastic.blogspot.com>) dedicated to applications of cycling training to improving “life off the bike,” Melissa approaches indoor cycling instruction the same way she approaches medicine: educating and empowering people to make their own choices to enhance their wellness, mindfulness, and self-efficacy in a way that is consistent with their goals and values.

Her current research focus includes the psychological effects of heart rate training, and heart rate training for anxiety management. She is also the medical research correspondent for IndoorCycleInstructor.com.