

**City of Doral Parks & Recreation**  
**RECREATION & FITNESS PROGRAM PROPOSAL FORM**

Individuals or companies interested in proposing their programs and services to offer in City Parks & Facilities must complete and return this form attached to the Request for Proposal.

**Program Name:**

*Healthy Wednesdays - HIIT Classes*

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**Instructor/Company Name:**

*Melisa Pietrafesa & Nora Lamela / "Feel Well Train Better" (FWTB)*

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**1. Program Description**

*Description should include a description of the program and details such as: participant ages, number of times the program is offered (weekly/monthly), time of program (morning, afternoon, evening, weekends), materials to be provided by instructor/participant.*

*Our program consists of Fitness and wellness classes designed to enhance physical health, build healthy habits, and foster a sense of community. Participants will enjoy a dynamic workout followed by an engaging discussion on wellness, nutrition, and lifestyle habits.*

**Frequency:**

*The program is offered every Wednesday at 7:00 PM*

**Each session includes:**

- A 45-minute fitness class suitable for all levels.*
- A 15-minute discussion on wellness, habits, and nutrition.*

**Materials Provided by Instructor:**

- Resistance bands and light fitness equipment.*

**Materials Needed from Participants:**

- A yoga mat*
- Comfortable workout attire.*
- Water bottles and personal towels.*

**Additional Details:**

*Participants of all fitness levels are welcome. The program aims to create a well-rounded experience that not only improves physical health but also supports long-term well-being through education and community support.*

## Program Description Continued

**Program Participant Fee(s):**

***USD 60.00 monthly or USD 20.00 Per class attended***

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Proposed Hourly rate/per class fee:

*(city to pay instructor) if applicable*

\$80

**Any additional Program Requirements:**

Not applicable.

**Other locations you have offered this program:**

Not applicable.

**Instructor Experience & Qualifications:**

*(provide experience/qualifications of the company and all instructors that will be offering program) Additional sheets can also be attached with resume/CV.*

**Nora Lamela,**

- ***Integrative Nutrition Health Coach.*** Issued by The Institute for Integrative Nutrition. NY, USA
- ***Gut Health Specialty Course.*** Issued by The Institute for Integrative Nutrition. NY, USA
- ***Microbiome & Gut Health Specialty Course.*** Issued by Regenera, University of Madrid. MD, Spain
- ***Behavioral Health Coach.*** Issued by Habitos Institute. MX, Mexico.
- ***Certified Professional Coach Course.*** Issued by ACCA. FL, USA.

**Melisa Pietrafesa**

- ***Certified Personal Trainer.*** Issued by NASM, Miami, USA
- ***Certified Personal Trainer.*** Issued by PRODEP Academy, Santiago, Chile
- ***Certified Nutrition Coach.*** Issued by NASM. Miami, USA
- CPR / AED Certification. Issued by American Safety Training Institute. Miami, USA
- TRX Group Certification. Issued by TRX Training. Santiago, Chile

## **Instructor Experience & Qualifications Continued**