

Written by Taylor Seely

Monday, 29 June 2015 10:41 - Last Updated Monday, 06 July 2015 10:43

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Local Scottsdale gym owner and Best of our Valley award winner, Nikki Metzger, was recently selected by [Women's Health Magazine](#) as a top five finalist out of thousands of contestants for its third annual Next Fitness Star Competition.

A panel of celebrity judges and online fan votes will decide the next winner, who will star in her own fitness DVD and become a contributor for *Women's Health Magazine*.

Out of the five competitors, Metzger said her gender-neutral workout style was what set her apart.

She uses her gym [BODI](#) in Scottsdale to train clients using high-intensity workouts that incorporate cardio, plyometrics and more. It's not uncommon to see her students flipping tires, slamming battle ropes and deadlifting weights.

"The workouts will leave you feeling strong, empowered and unstoppable and will help you achieve a lean, strong and toned body," she says. "I believe every woman has an athlete inside her, and it's my job to help her realize that."

In addition to being potentially awarded The Next Fitness Star, Metzger is one of 12 Nike Master Trainers in the country.

"Being part of Nike has been truly amazing, especially being able to work alongside the best of the best," she says. "We are always learning from each other which makes each of us better trainers and people."

Metzger says maintaining an active lifestyle has always been a part of her, and she wants to show her clients working out *is* a lifestyle – not just a get-thin-quick scheme.

More importantly, Metzger said the workouts leave people feeling empowered.

"The feeling I get after a workout is what keeps me going. There is nothing better than leaving a training session dripping in sweat and feeling awesome," she says. "I don't just train to look good, but instead to feel good inside and out."

The Next Fitness Star competition kicked off June 22 and fans can vote every day for their top pick at [thenextfitnessstar.com](http://thenextfitnessstar.com). Head back to the site Aug. 10 to see who will win.

-Story by Taylor Seely