TOP STRETCHING

Enda Kanbolat

A national gymnastics champion, coach, and certified movement trainer, elite experience in ballet, and Pilates.

Certifications

- Artistic Gymnastics Coaching Certificate
- Aesthetic Gymnastics Trainer Certificate
- Certified Pilates Instructor
- Ballet Training – State Opera & Ballet Program
- IFAGG Competition Rules & Judge Seminar (Dubai 2024)
- Athlete Health & Performance – Turkish Sports Institute

Specialties

- Artistic & Aesthetic Gymnastics
- Core Strength & Flexibility Training
- Ballet Fundamentals
- Movement for Posture & Injury Prevention
- Junior Athlete Development