TOP STRETCH ING

Inge Deckers

PASSIONATE ABOUT FITNESS, MOVEMENT, AND WELLNESS. AN INTERNATIONALLY RECOGNIZED TRAINER WITH OVER 25 YEARS OF EXPERIENCE AND 40+ CERTIFICATIONS, WORKING WITH LEADING NAMES SUCH AS NIKE®, ZUMBA®, AND ASPIRE ACADEMY.

Certifications

AFAA & AALO Certified Personal Trainer, Les Mills,Piloxing, Stråla Yoga, Aerial Yoga, Comprehensive Pilates, Circl Mobility™, Pre & Postnatal, Rehabilitation, HIIT, TRX, and Spinning

Specialties

STRENGTH CLASSES, FAT LOSS, REHABILITATION, PRE & POSTNATAL TRAINING, REFORMER PILATES, MAT PILATES, BARRE, AERIAL YOGA, YOGA, STRETCHING & MOBILITY, KID PROGRAMS.



TOP STRETCHING

Anastasiia

ANASTASIIA MECHEVA

PASSIONATE ABOUT WELLNESS, MOVEMENT, AND CONSCIOUS TRAINING. A CERTIFIED WELLNESS INSTRUCTOR WITH 6+ YEARS OF EXPERIENCE IN PILATES, MOBILITY, YOGA, TABATA, AND FUNCTIONAL TRAINING, WITH AN EXTENSIVE BACKGROUND IN DANCE AND INTERNATIONAL TEACHING EXPERIENCE.

Education

Open European Academy of Economics & Politics, Mini MBI Diploma, Pilates instruction and mindful body practice, EpertX diploma and certificate.

Experience

6+ YEARS AS A WELLNESS INSTRUCTOR IN TURKEY, EXPERIENCE IN THE UAE IN SPORT ANIMATION, AND 13+ YEARS AS A DANCE TEACHER IN RUSSIA, UZBEKISTAN, BELGIUM, AND TURKEY. ALSO SERVED AS WELLNESS INSTRUCTOR AT RIXOS GULF HOTEL DOHA EXCLUSIVE SPORT CLUB (2026–2025).

Skills

AQUA FITNESS, FITNESS TRAMPOLINE, KANGOO JUMP, AQUA CYCLING, PILATES, MOBILITY, TABATA, HIIT, FUNCTIONAL TRAINING, VERSATILE DANCER

