TOP STRETCHING

Marina

Passionate about fitness, stretching, and choreography . A highly skilled professional who can work with both adults and kids.

Certifications

_SPI Personal Instructor International certification, REPS Level ٣ PT and Group coach (The UAE, Canada)
_Group and PT Fitness Trainer for kids and adults Instructor PRO, Russia
Dance Instructor-Choreographer - Instructor PRO, Russia

Specialties

_Stretching
_Dance Instructor-Choreographer (for kids and adults, multiple directions)
_Body ballet
_Pilates
_Kids Classes
_Nutrition
_Weight loss
_AEROSTRETCHING® (Base, Pro, Dance)

