TOP STRETCHING

Rena Osipyan

Reformer Pilates | Strength, Mobility & Posture Coach
With a background in international show jumping and a strong foundation in anatomy and physiology, Rena brings an athletic, precise, and detail-oriented approach to every session.
Her training combines Reformer Pilates, strength and conditioning, mobility, posture and pelvic alignment, and intentional breathwork to create a challenging yet empowering experience tailored to each client's body and goals.
Rena believes that the mind is just as powerful as the body. She encourages clients to move beyond self-imposed limits while developing greater strength, confidence, body awareness, and connection with every session.

Certifications

Balanced Body — Reformer 1
NASM — Anatomy, Physiology & Kinesiology for Fitness Professionals
NASM — Nutrition & Weight Management for Fitness Professionals
Yale University — Anatomy of the Spine and Head
International Baccalaureate Diploma — Higher Level Biology

Specialties

Reformer Pilates | Strength & Conditioning | Mobility & Flexibility | Stretching & Recovery | Posture Correction | Pelvic Alignment | Breathwork & Mind–Body Connection | Weight Management | Nutrition Guidance

