



NOT JUST TUMMY, HIPS & THIGHS

– Marietta Mehanni

Gone are the days of isolated and 'body part' exercises. Now fitness classes celebrate functional movements and muscle conditioning for compensatory biomechanical actions. This session demonstrates how the humble 'tummy, hip and thigh' group exercise class can incorporate multi-planner and dynamic exercises that now only work the highly demanded 'problem' areas but also the upper body while maintaining an elevated heart rate.

Recently awarded Presenter of the Year 2018 and NZ Educator of the Year 2016, Marietta Mehanni is a multi-award winning Australian presenter with over 29 years of teaching experience in both land and water based group exercise. As World Master Trainer for Gymstick International and Education Coordinator Marietta is responsible for the development of Gymstick education worldwide.

She is a Pelvic Floor First Ambassador and in conjunction with the Continence Foundation of Australia, Marietta has been an integral part of the development of pelvic floor awareness in the fitness industry and creating the link between physiotherapy and fitness. Co-creator of mSwing, Marietta is passionate about developing fun exercise formats that are suitable for all ages and abilities.



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