



THE STEP IN BETWEEN - – Marietta Mehanni

You know those classes – not basic but certainly not advanced. They are "somewhere in between". These are the tough classes to teach, where the choreography has to be interesting, but not over the top, with lots of layering options to cater for novices as well. Step in Between will provide choreography options that will assist you in providing a well-rounded class that all participants will enjoy.

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.



THE MUSIC & MOTION STUDIO
WWW.MUSICANDMOTION.COM.AU