



## ***FUNCTIONAL MUSCLE CONDITIONING – Marietta Mehanni***

*What do we do every day? We move our own body weight. Body weight exercises have come back in vogue and many group fitness instructors and personal trainers are looking for creative ways to use gravity to effectively target muscle groups and movement patterns.*

*This workshop will demonstrate how traditional muscle conditioning can be freshened up to challenge and surprise your clients and members. Appropriate in either a group exercise format or one on one training session, these exercises will update and add to your current repertoire.*

2016 NZ Educator of the Year, Marietta Mehanni is a multi-award winning presenter and Australian Fitness Network Ambassador with over 27 years of experience.

Master Trainer and Education Coordinator for Gymstick International and Pelvic Floor Ambassador for Continence Foundation Australia and Co-Creator of mSwing, Marietta is passionate about developing fun exercise formats that are suitable for all ages and abilities.



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