



MM DOING STEP – Marietta Mehanni

Crack the hard outer layer of “tricky” freestyle step to reveal the soft centre basics that make up that crispy exterior. Fun freestyle step choreography to revive your everyday classes, working up from the basics with some easy to teach learning curves along the way. This session is aimed for new to intermediate instructors who love to freestyle. Warning: There may be traces of nuttiness

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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