




SFA Training Club – Biohm Fitness.

Coach details:

Photo	Name & Credentials
	<p>Manasa Machani:</p> <ul style="list-style-type: none">• Aerobics & Zumba Sessions by Manasa Machani. Popularly known as Mana.• She has about 8 years of experience doing different workouts like Aerobics, dance fitness, dumbbell dance workout, and Zumba dance fitness.• She is an extremely talented, multi specialized instructor.• She has a good technique of bringing movements into the music which in every song, she makes sure to do a full body workout and gives her best to be enjoyable easy and totally fun. You don't want to miss this. Do you?!