



FIND YOUR  
BALANCE.



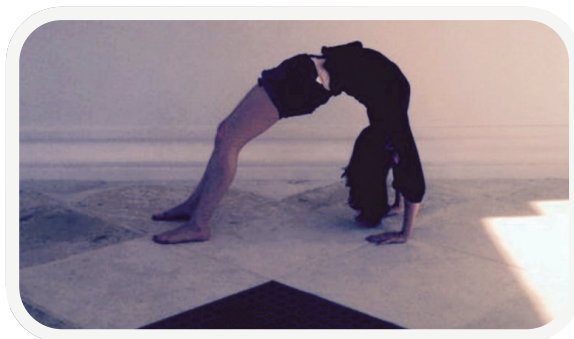
FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**GINA**

Yoga Instructor

[www.northshoreymca.org](http://www.northshoreymca.org)

## GINA



Gina is a 200-hour Hatha Yoga certified instructor as well as a certified prenatal instructor. Gina has trained in Tracey Mallet's Bootybarre and is in the process of completing a 600 hour BASI Pilates certification.

Gina began her competitive swimming career at age six. Soon after she stopped competing, she began coaching competitive swimming while still living in Florida.

She began coaching for the Salem and Beverly YNS swim team. Gina was the head coach in Salem for over two years. Gina has been a group fitness instructor for over 10 years. She is AFAA certified, CPR certified, TRX certified, R.I.P.P.E.D certified, Hip Hop certified and Zumba certified.

