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INSTRUCTIONS

ON DEMAND WORKOUT: CORE YOGA

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/full-length-workout-core-yoga/>

Engage your core and cool down with this simple and effective yoga flow from certified holistic wellness coach, yoga instructor and former professional ballerina Gina McFadden. Equipment: None

Learn more about Gina under **"INSTRUCTIONS"**

Abs

Core

Turns



About Gina:

Gina is a certified holistic wellness coach, yoga instructor and former professional ballerina. She has been a dance educator for 25 years on the faculties of Boston Ballet School, New Jersey Ballet School and Grand Rapids Ballet School as well as adjunct faculty at Grand Valley State University and Hope College. She performed professionally with the Joffrey Ballet of Chicago, Ballet Pacifica, State Street Ballet and the National Choreographers Initiative. She has a BA in Business Administration and an AAS in Legal Studies, has two daughters and is based in Charleston, SC