



Kristin is a professional dancer, Pilates instructor, and NASM Certified Personal Trainer. She was first introduced to the Pilates method by her dance teacher when she was a teenager. The practice significantly improved her dancing and helped even out muscular imbalances due to scoliosis. Her back pain lessened, balance improved, and she felt more in control of her movements.

Throughout her professional dance career in NYC, L.A., and on tour, Pilates and cross-conditioning has been imperative to her well-being. As an instructor, she likes to have fun with training, while focusing on proper alignment. Regardless of your experience level, she will ensure you are moving efficiently. Her goal is for you to leave class feeling strong, more connected to your body, and with a smile on your face.

Kristin is also passionate about injury prevention training for dancers and athletes. She understands the demands that are placed upon the body. Stability and strength training are not only important for keeping your competitive edge, but essential for injury prevention and longevity.

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