



# MARINA COLONNA

732-616-1746 | MarinaColonna12@gmail.com

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## ABOUT

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Marina Colonna is a certified Barre & Fitness Instructor based in New York City. She is a well-known Group Fitness Instructor at Equinox health & fitness club's across NYC. She actively conducts virtual classes as well as creates videos of fitness content that are sure to leave her clients feeling satisfied, stronger, and achieve their fitness goals.

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## EXPERIENCE

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### EQUINOX

Group Fitness Instructor | February 2021- Present

- Conducts weekly Barre, HIIT, & Dance Cardio classes.
- Creates new and dynamic lesson plans weekly.
- Participates in Equinox signature format training classes.

### MOVE WITH MARINA

Director & Founder | May 2020- Present

- Conducts weekly virtual Barre & Fitness classes
- Creates various personalize Fitness workouts
- Private Sessions

### SPARKLE SWEAT FITNESS

Fitness & Barre Instructor | August 2020- Present

- Conducts virtual classes
  - Creates various video content for Barre Classes, Cardio Classes, Core Classes, and specified body workouts.
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## EDUCATION/TRAINING

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**THE NEW SCHOOL:** BFA Musical Theater: Class of May 2017

**AMDA COLLEGE & CONSERVATORY NYC:** Class of February 2015