

# Stefani Bertoncini

Stefani grew up training intensely to become a professional dancer and went on to pursue a career in dance. After surgery for labral tears in both hips, Stefani went through extensive rehabilitation and mobility training to gain back full function in her hip joints. From this experience, it became clear to Stefani that connecting the benefits of form and fitness was her calling. She decided to switch industries and become a fitness professional. Stefani is a certified Personal Trainer, Pilates Instructor, Barre Instructor, Rhythm Based Spin Instructor, Hammock Yoga Instructor and STRALA Yoga Guide. She has created and developed ballet-based barre fitness programs and cardio dance classes, as well as run multiple teacher training programs. Stefani has worked internationally throughout the United States, Australia, London, Dubai and Abu Dhabi.

From 2014-2018, Stefani worked in Dubai, where she managed some of the region's top fitness facilities. She was most recently awarded the 2017 Group Fitness Instructor of the Year in the Middle East by the FIT Awards. She has had the privilege of writing articles, creating workouts and been featured in some of Dubai's top magazines, including Harper's BAZAAR, Cosmo and Emirates Woman. Throughout Stefani's time in Dubai, she hosted successful wellness retreats, conducted VIP and community events, and taught consistently sold out classes of up to 40 people.



Stefani moved to LA in 2018 and joined the Natural Pilates team, challenging and inspiring clients with her creative programming and fun-loving spirit. She is passionate about helping all clients build and execute each exercise with efficiency, move with function and strengthen with precision. She thoroughly enjoys helping her clients not only look better, but also feel better within their bodies.

