

DAISY NIE

MASTER PILATES / GYROTONIC TRAINER

Balanced Body Comprehensive Certified Pilates Instructor
Balanced Body CoreAlign Level 1 & 2 Certified
Balanced Body Barre Certified
Balanced Body MTOR Certified
GYROTONIC® Level 1 Certified
TCFWF Pre- & Postnatal Recovery Certified (US Women's Sports Center)
Functional Movement Screen Level 1 & 2

Additional Certifications:

Dynamic Neuromuscular Stabilization Certified Instructor
NASM Nutrition Coach
MASM Corrective Exercise Specialist
RYT200 Yoga Instructor
ACE Personal Trainer

Profile:

Daisy focuses on functional movement and posture correction. She creates personalized Pilates programs to help you recover from injuries, relieve chronic pain, or improve overall fitness, all in a supportive, motivating environment.

