

Kristi Ganulin – Goldstein, CPT

Kristi began her love for movement at a very young age during her years of being a competitive gymnast. She took her gymnastic career to the collegiate level at Long Beach State.

In 1992, Kristi graduated with her B.A. in Business Administration from Cal State Fullerton. Kristi earned her Certificate in Fitness in 1998 from UCI and became a Certified Personal Trainer through the National Academy of Sports Medicine. This began her personal training career at various fitness facilities including; Sports Club Irvine, Body Design, Equinox, and the Merage JCC. She expanded her education and obtained the National Exercise and Sports Trainers Association certification and Biomechanics Specialist certification.

In 2000, Kristi became certified in Pilates through DK Body Balance (Pilates by Dolly) under the direction of Dolly Kelepecz. Her Pilates certification includes; Mat, Reformer, Cadillac, Chair and Small Equipment. Dolly's Pilates education goes back to 1987 where she learned from Eve Gentry and Elizabeth Larkin. Dolly, who had been a professional dancer, used her classical Pilates education and dance background in the development of her Pilates certification program, which she registered and trademarked in 1997. The effectiveness of Dolly's program has been recognized by the University of Nevada Las Vegas and has been approved by both the Nevada and Arizona State Boards of Physical Therapists.

In 2002, Kristi became a licensed Body worker in the Gyrotonic® Expansion System under the direction of Juliu Horvath. Juliu was a professional dancer from Romania who developed this method as a way to heal himself and regain his strength and agility after suffering from debilitating injuries. Gyrotonic® exercises are performed on custom designed Gyrotonic® equipment that helps users create balance, muscular and joint efficiency, strength, and flexibility.

In 2014, Kristi completed the Gyrotonic® for dancer's course, facilitated by Alicia Head and has since been certified in other Gyrotonic® equipment including Archway and Leg Extension Unit.

Kristi works with dancers of every genre from many dance studios in the Orange County area. She also continues her body movement education weekly under the direction of Donna Place, Master trainer for Gyrotonic®. She continues her love for Health and Fitness by continually taking classes to keep current with industry trends including; Pilates Mat, Pilates Equipment, Gyrotonic®, Gyrokensis®, Garuda, Foam Roller, Body Rolling, Thera-Band, Yoga, Tai Yoga Massage, Nutrition, Spin, Bootcamp, Bar Method, and Essential Oil Classes.

Kristi's diverse background, holistic approach and understanding of body movement patterns give her the ability to individualize each dancer's program both privately and in a class setting. She helps keep strength and balance in dancer's bodies to aid in injury prevention and help their performance quality on a daily basis.