



EMANUELA PENSERINI

Personal Trainer

PROFILE

A graduate in Motor Sciences from the University of Urbino, I work as a freelance teacher specialising in organising fitness and artistic gymnastics courses for men and women. I have realised my dream of integrating acrobatic gymnastics with other disciplines, including aerial acrobatics, circus arts and parkour, devising innovative shows. In addition, I have organised workshops and meetings with leading professionals from all over Europe, enriching my career with high-level multidisciplinary experiences.

WORK EXPERIENCE

Fitness and Artistic Gymnastics Teacher

I went freelance as a teacher, organising fitness and artistic gymnastics classes for men and women.

Founder Sports Society

I set up my first sports club Gymnastics la Fenice, today Fenix art on gym.

Weight Room Instructor

For 10 years I worked as an instructor in the weight room

Body Building Choreographer

For 10 years I choreographed for competitive body building athletes