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KNOWLEDGE • COMMUNITY • INSPIRATION

Band Together: Total Body Burn

PRESENTED BY

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Hello, I'm Siri!

- 18+ years in the fitness industry
- IDEA Emerging Trailblazer of the Year
- Master Trainer
 - RAQ THE BARRE by RAQISA®
 - CARDIO YOGA™
 - Mobility Fitness Academy
 - Human Reformer® Pilates
- Step, Zumba, Barre, Strength, HIIT, Balletone, Foam Rolling, Pilates...
- Author and academic researcher on workplace gender equality at Harvard University (Boston, MA)



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Get the full choreography + playlist



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Notes

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