

Vishal Gola

Yoga and Dance Professional

I am an international Yoga, Aerobics and Dance teacher having 6 years of professional experience. I have also worked with big brands like **GoFitness Academy Dronacharya the GYM** as a cardio and kickboxer trainer.



vishalgola88601@gmail.com

8799741754

B 44 A rana ji enclave najafagh 110043,
New Delhi

EDUCATION

M.A Yoga Sanskrit University

08/2022 - Present

Uttarakhand, India

B.A Programm University of Delhi

08/2018 - 06/2021

Pushp Vihar, New Delhi

12th Govt Boys Sr. Sec. School

04/2017 - 03/2018

Najafgarh, New Delhi

WORK EXPERIENCE

Reformer Pilates Trainer Butterfly Gym

09/2022 - Present

Patel Nagar East, New Delhi

Achievements/Tasks

- Helped People build strength, fix bad posture.
- Corrected muscle imbalance and toned muscles.

Govt College Yoga teacher Delhi Pharmaceutical science and research college

12/2021 - Present

Badarpur, New Delhi

Achievements/Tasks

- Helped students to reduce stress.
- Improved bad posture and muscle imbalance.

Cardio and Kickboxing Trainer Dronacharya the GYM

01/2022 - 08/2022

Najafgarh New Delhi

Achievements/Tasks

- Helped clients in weight loss.

Aerobics and Kickboxing Trainer Go FITNESS Academy

04/2021 - 11/2021

Janakpuri. New Delhi

Achievements/Tasks

- Assisted in weight management and weight loss.
- Improved body functionality.

SKILLS

Reformer Pilates

Stress management

Meditation & Pranayama

Kickboxing Cardio

Aerobics

Dance

Weight loss Specialist

CERTIFICATES

KickBoxing Cardio GoFitness Academy

Yoga Diploma Delhi Pharmaceuticals sciences and research college

Functional Training GoFitness Academy

International Aerobic from GoFitness Academy

ACHIEVEMENTS

Yoga Trainer in Govt College

INTERESTS

Dancing

Travelling

Music

Practicing Yoga