

MOVEMENT STUDIO

AT THE

DOWNTOWN ATHLETIC CLUB

Inspired Exercise



Marilyn Hinson

Marilyn Hinson holds a BFA from the Julliard School of Dance and a MA from UCLA in dance.

Her professional performances were primarily in modern dance. As an Assistant Professor, she founded the dance program at Missouri Valley College.

Marilyn is an ACE certified fitness professional. In her 17 years at the Downtown Athletic Club, five were spent as Group Fitness Director. She is still currently teaching group exercise classes at the Club, including the renowned DAC Nooners.

She is certified in Pilates through the Pilates Method Alliance. In addition to her Pilates training, she is a certified **GYROTONIC**[®] and **GYROKINESIS**[®] instructor.

Teaching is Marilyn's passion.

