



Sheena Winkler began her gymnastics training at the age of five. She competed as an elite gymnast at the national level placing at meets, including the Capital Cup and the Parkette's Invitational. The highlight of her competitive career was placing first with her team at the USECA National Team Championships. Since 2012 Sheena has both taught recreation gymnastics to all ages and coached competitive gymnastics as a USAG professional member. She has a current USAG Instructor Membership and is Red Cross certified for Adult and Pediatric First Aid/CPR/AED. While teaching in a safe and encouraging class setting, she aims to build confidence and self esteem in every student. Skills are taught with a focus on body control and form, translating into a polished aesthetic while executing those skills.