

Meet Nina! She is one of the amazingly talented instructors you will encounter at SOULSHINE. Nina is a registered yoga teacher who has been teaching for almost 10 years, and also holds certifications in Barre, Ballet Barre, Cardio Barre, Sculpt, and Kids Yoga.

Nina was introduced to yoga in high school. She found a "Yoga for Dummies" book and later began taking classes at a private studio in college. After moving back to the Des Moines area, she took her first hot yoga class, and was hooked! In addition to yoga/yoga sculpt classes, she loves to run, hike, and bike. She is a fitness class junkie and loves being part of a group striving to meet their own individual goals while laughing and sweating together.

Nina is married with 2 kids and 2 dogs. She has lived in Adel for 9 years, and loves both the Adel and Earlham communities. When she is not enjoying her fitness pursuits, Nina works full time in financial technology.

Nina's hobbies and interests include travel, pizza, wine, national parks, biking to breweries, Reese's, music, and new challenges/adventures.

One thing people immediately notice about Nina is her infectious positive energy. People flock to her just to be in her glow!