



ALI GARDINO

*Water Aerobics Instructor at
Kensington Golf & Country Club in
Naples, Florida*



PERSONAL PROFILE & BIOGRAPHY

Ali Gardino is a 2010 graduate from Florida Southern College where she pursued a double major in Human Movement & Performance and Physical Education.

She completed her masters degree through the University of South Florida in 2014. At Florida Southern College, Gardino was a two time Academic All-American and NCAA National Qualifier in cross country and holds a school record in track for the 800-meter event.

She now coaches cross country and track at Saint John Neumann High School. Gardino's passion for fitness is evidenced by how she provides fitness training for others; helping them achieve their own goals. Her background helps her promote individual guidance as well as being able to offer different levels and options for her participants. In her free time, she likes swimming, yoga and spending time with her twin niece, Amelia and nephew, Kellen.