
Kim Albano

COMPREHENSIVE HEALTH PRACTITIONER AND EDUCATOR

Kim is the Brooklyn-based creator of the Fusio™ practice—an empowering, grounding, mind-body combination of conscious, functional, and strength-focused movement. Kim guides private clients and small groups in a dynamic and joyful practice of flowing sequences incorporating yoga, resistance training, core work, and mindful breath. She works with people at various stages of life, adjusting her specialized practice to meet individual needs. Private and group clients receive finely personalized, balanced, and efficient workouts developed over Kim's many years as a personal trainer, yoga teacher, post-rehabilitation expert, and health coach.

SKILLS

Mobility & Strength Training: body weight, bands, weights, stability ball training, foam roller, balance training; **Integrative Strength & Conditioning,** bone health regimens; **Progressive Resistance Training (PRT) /high-intensity (HiPRT); Women's Wellness** – Pre/Post Natal & perimenopause/menopause, post rehabilitation training; **Mindfulness Training,** meditation, back care, core training; **Yoga:** flow, hatha, ropes and restorative; Alexander Technique, **Pilates Mat. Assisted Stretching** – Passive and PNF (Proprioceptive Neuromuscular Facilitation) techniques – performed on a massage table or Yoga mat. **Diet and Nutrition guidance,** weight loss.

EXPERIENCE

Private practice, Brooklyn and Manhattan 2004 - Present
Personal trainer, small group classes, post-rehabilitation training, yoga teacher—adults and children—private and school settings, assisted stretching, meditation and mindfulness, food health coach.

Equinox Fitness New York, NY 1999 - 2004
Elite Plus Personal Trainer, Post-Rehabilitation, Yoga Teacher, Facilitative, Stretching Specialist.

New Haven Health & Racquet, New Haven, CT 1998-1999
Personal Trainer and Spinning Instructor.

CERTIFICATIONS & TRAININGS

American Council on Exercise, Health Coach, 2018 - Present

Yoga Union (Alison West) 200 hr. (RYT) Yoga Alliance - 2008

Kinesthetic Anatomy and Neuromuscular Re-education with Irene Dowd - 2004

North American Academy of Health, Fitness and Rehab Professionals - MES Post Rehabilitation Specialist – 2000 - Present

Esquerre Fitness Group (Annette Lang) - Pre/Post Natal Trainer – 1999 - Present

Equinox Training Institute - EFTI Elite Plus Personal Trainer – 1999 - 2004

American Counsel on Exercise, ACE Personal Trainer – 1998 - Present

CPR/AED, Adult, Child & Infant – 1998 - Present

Reebok University - Cycle Reebok 1998

EDUCATION

San Francisco State University, San Francisco, CA – BA in Art/Photography 1996

Bay State College, Boston, MA – AA in Psychology 1992



fusio™ by kim albanio

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www.fusiofitness.com