

Miss Valeriya Neikova

Miss Valeriya is the head coach and founder of Bala Gymnastics school. She is a former Bulgarian rhythmic gymnast and experienced USAG certified professional member. Valeriya has been coaching in the US since 2000. She helped many beginners and competitive level rhythmic gymnasts achieve top awards at state, regional and national competitions in the USA.

Miss Yoanna Ivanova

Miss Yoanna is a former national AGG team member and a former rhythmic gymnast from Bulgaria. She teaches beginners classes and competitive team members at Bala Gymnastics. Miss Anna came to the US in 2017 to join and help train our competitive team and introductory classes. She is also USAG certified professional members/ coach.

Miss Zhanna Palagina

Miss Zhanna is a professional ballet instructor and choreographer. She is a former Russian prima ballerina from Moscow who also helped many high level figure skaters and gymnasts achieve awards at national and international level competitions.

Miss Sedona Martin

Miss Sedona is a former Bala Gymnastics and USAG Sr. level 9 Rhythmic gymnast. She is also USAG certified professional assistant coach with Bala Gymnastics. She has great personality and helps us coach our younger level gymnasts while currently pursuing her degree in PT at Thomas Jefferson University in Philadelphia.

Miss Blayzen Carroll

Miss Blayzen is a current level 9 Rhythmic gymnast with Bala Gymnastics and USAG member professional athlete. She is a four times Future Stars National Team member and she made Junior Olympic Team three times with Bala Gymnastics. She won many championships AA in the US including PA State, Rhythmic Challenge and other invitational competition events. Blayzen helps teach beginners gymnastics skills, arts and crafts and dance during the summer weeks.



2022 Summer Camps
Bala Gym Monday-Friday
(9am - 4pm)

Week 1 - 06/27 - 07/1

Week 2 - 07/4 - 07/8

Week 3 - 07/11 -07/15

Week 4 - 07/18 - 07/22

Week 5 - 08/15 - 08/19

Week 6 - 08/22 - 08/28

Week 7 - 08/29 - 09/2

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