

Johanna Estanislao

Gymnastics Coach

Hometown: Albuquerque, NM
Birthday: December 11



My Experience/Education Includes: I studied at the University of Colorado at Boulder and earned my Bachelor of Science in Chemical and Biological Engineering and a Biochemistry Minor. I'm now studying at De La Salle University College of Medicine to earn my Doctor of Medicine.

I love Mountain Kids/MCDA because: of the fun, friendly and inspiring environment for everyone in the pursuit of an active, healthy lifestyle! I love being able to teach and show kids about all the extraordinary things the body can do. I appreciate how all the staff and coaches work together. To be a part of such a team and see the joy in kids and families when goals are set and accomplished is unbelievable.

My teaching philosophy is: Just do your best.

In my free time I like to: attempt to lift weights at the gym, mountain bike, climb, play basketball, play and grill outside, spend time with friends and family, and watch the Rockies and the Broncos!

My favorite place to go is: the gym, and anywhere with the possibility of happiness with family and friends.

An interesting fact about me is: Incorrectly landing on the floor during my years as a competitive gymnast not only resulted with a cast around my foot while using crutches to get around, but also a spark to practice (sports) medicine while coaching gymnastics.

