

# STUDIO WAYNE Mc GREGOR RESET 2025



## Daniel McCarroll

Daniel is a coach, personal trainer, and former professional dancer from Aotearoa, New Zealand. With a background in contemporary dance and an extensive performance history across Europe, Asia, and New Zealand, Daniel brings a profound understanding of the physical and mental demands of dance.

His approach blends fitness, dance, and health to support longevity in each dancer's career. Daniel works with dancers to build strength, resilience, and body awareness, guiding them in preventing injuries, refining technique, and enhancing performance. His mission is to help dancers develop a sustainable foundation for artistry and health, empowering them to move better, perform with confidence, and enjoy a fulfilling, long-lasting career in dance.