

# BIKINI



**Christina  
Kollias**



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# BIKINI

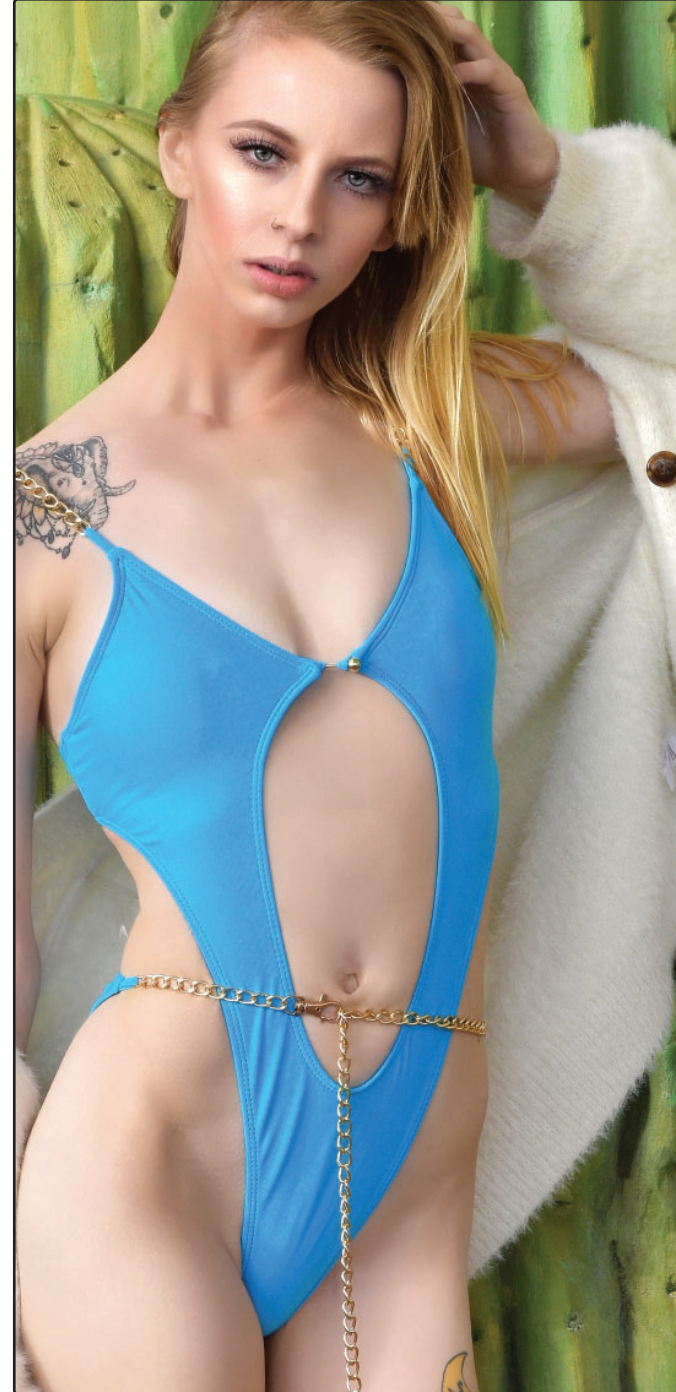


**Jessica  
Stoner**

Issue 4 2021 \$24.99



# Content

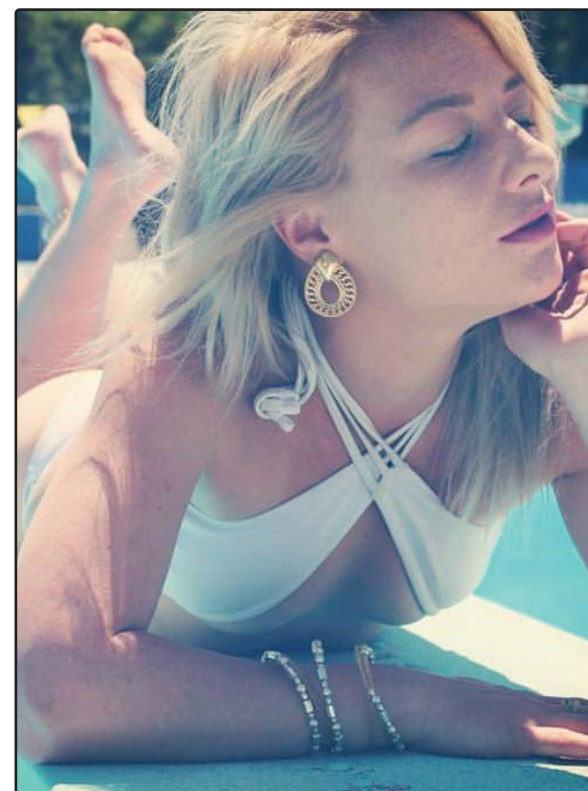


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# Trish

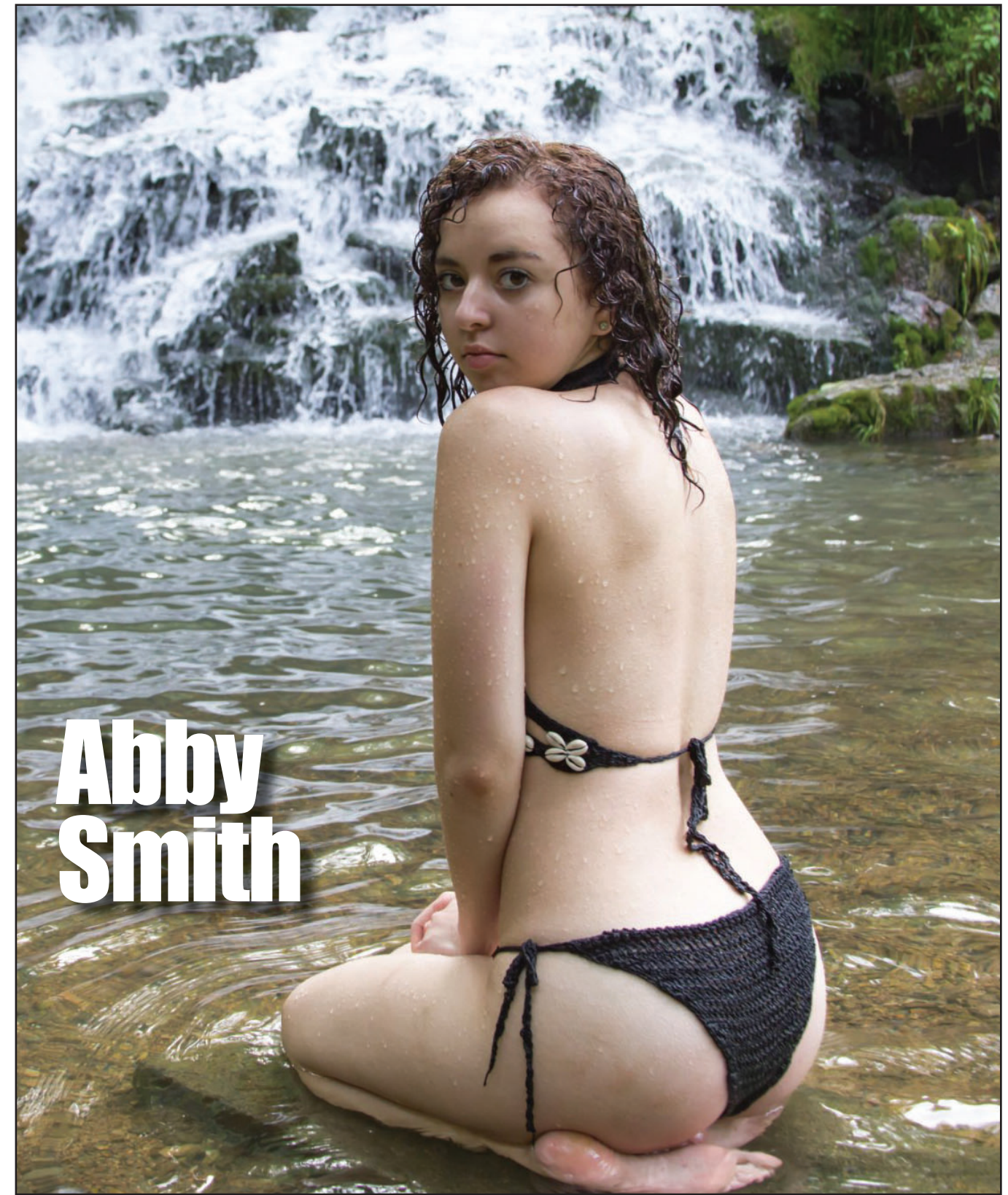


Preview

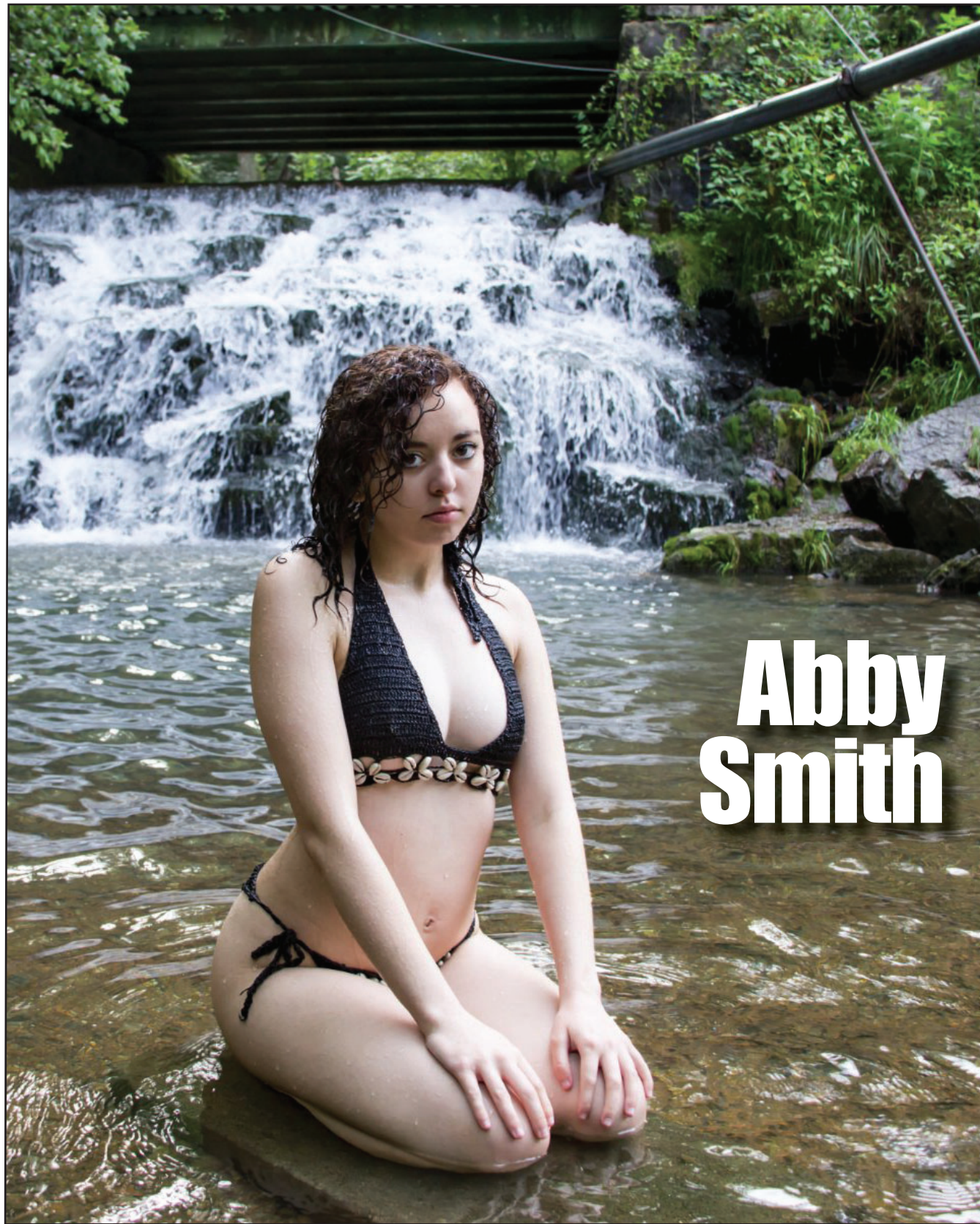




# Trish



**Abby  
Smith**



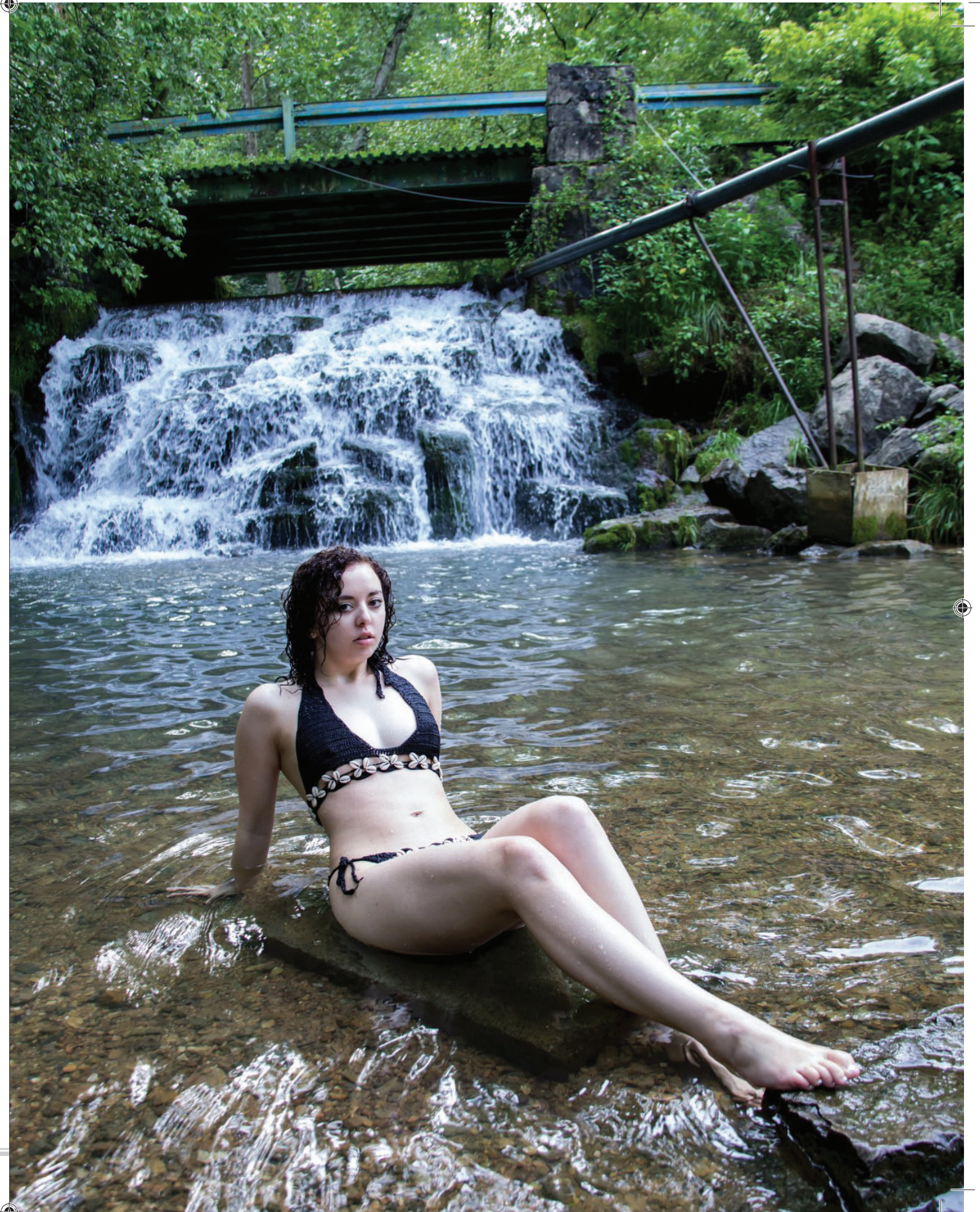
**Abby  
Smith**



JESSICA



**Jessica  
Stoner**





**Acantha**







Jessica  
Stoner



**Acantha**



**Jessica  
Stoner**





**Alexis  
Kellar**



# Jessica Stoner



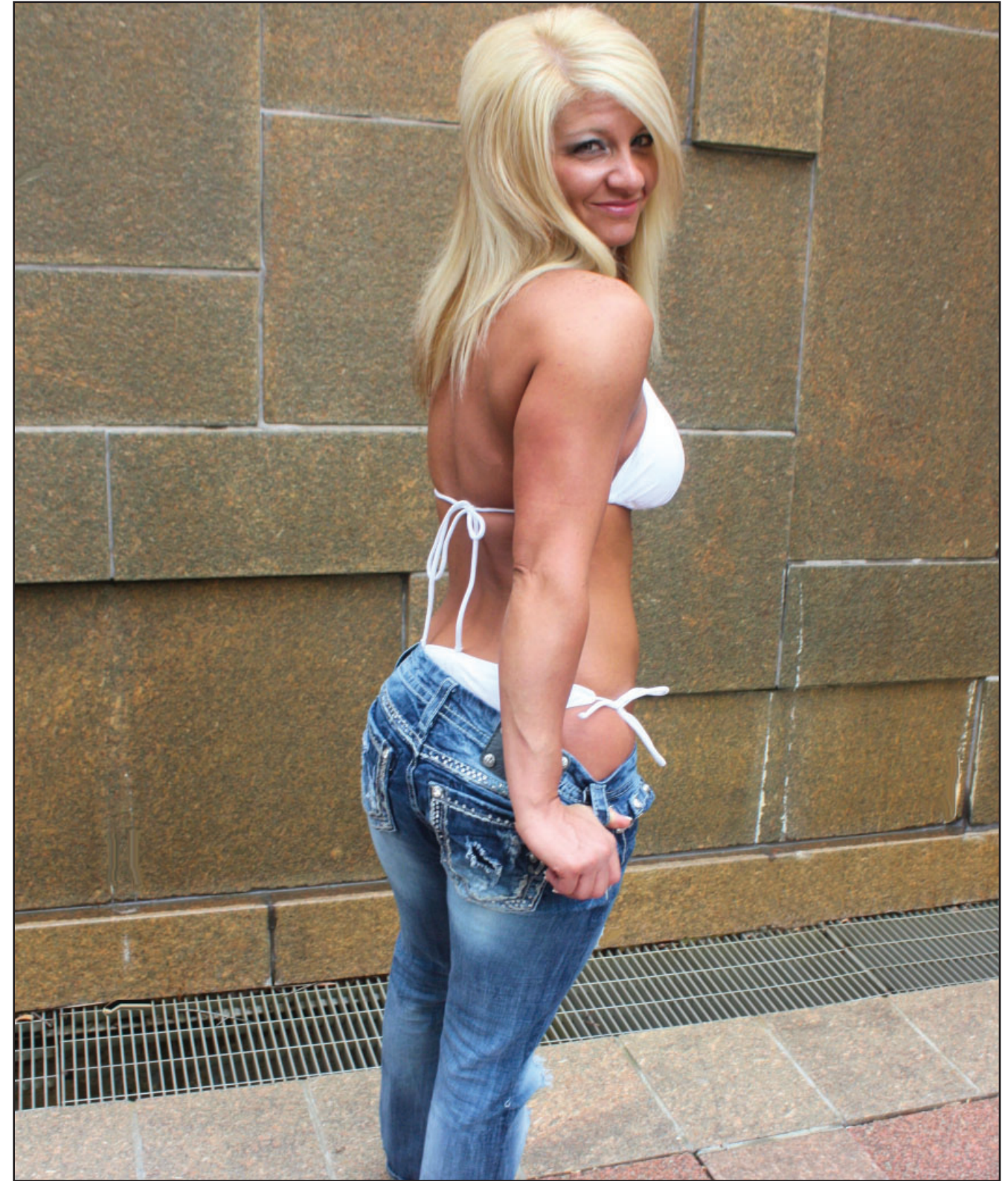




**Crystal  
Hill**



**Alexis  
Kellar**



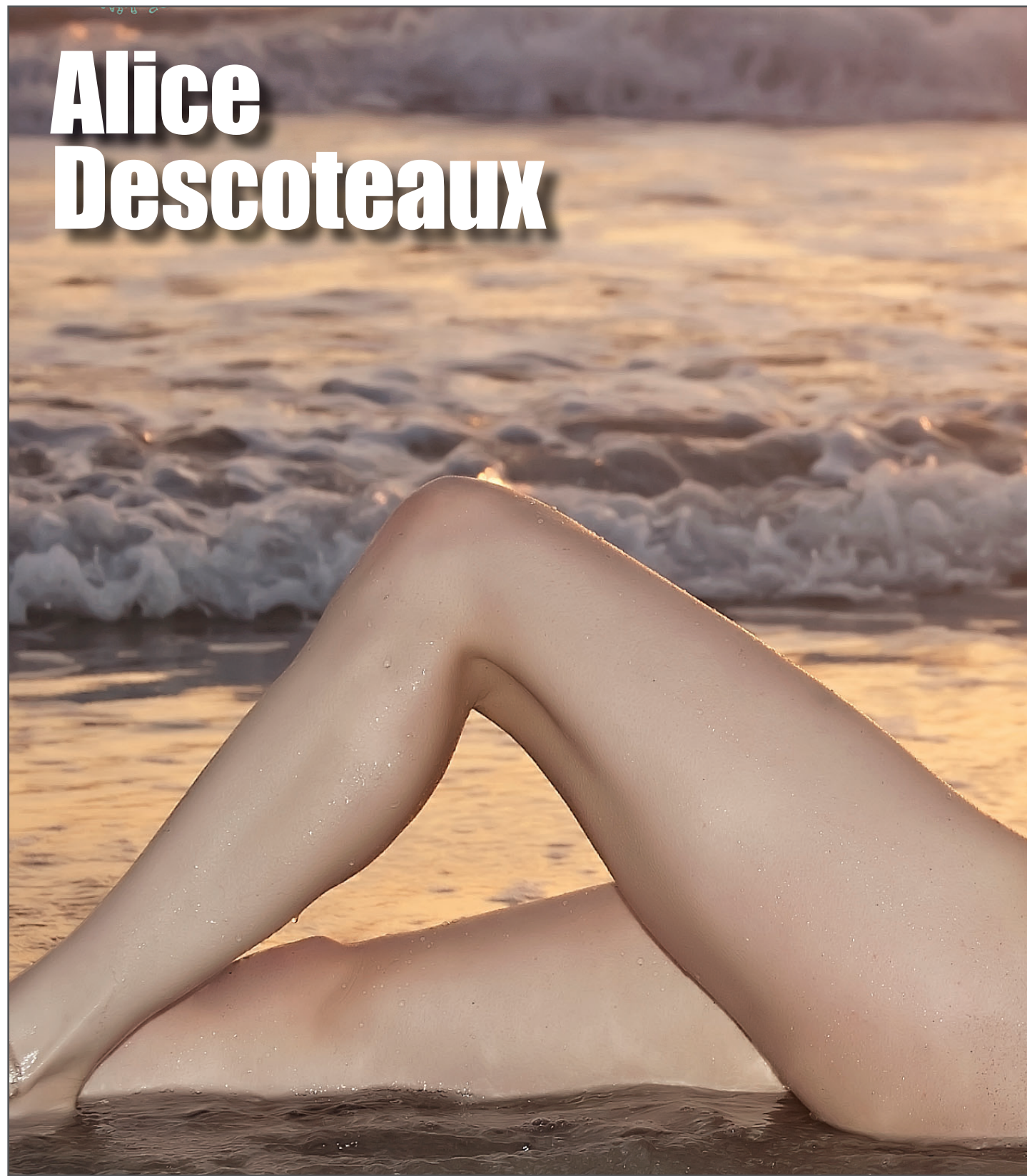


**Crystal  
Hill**

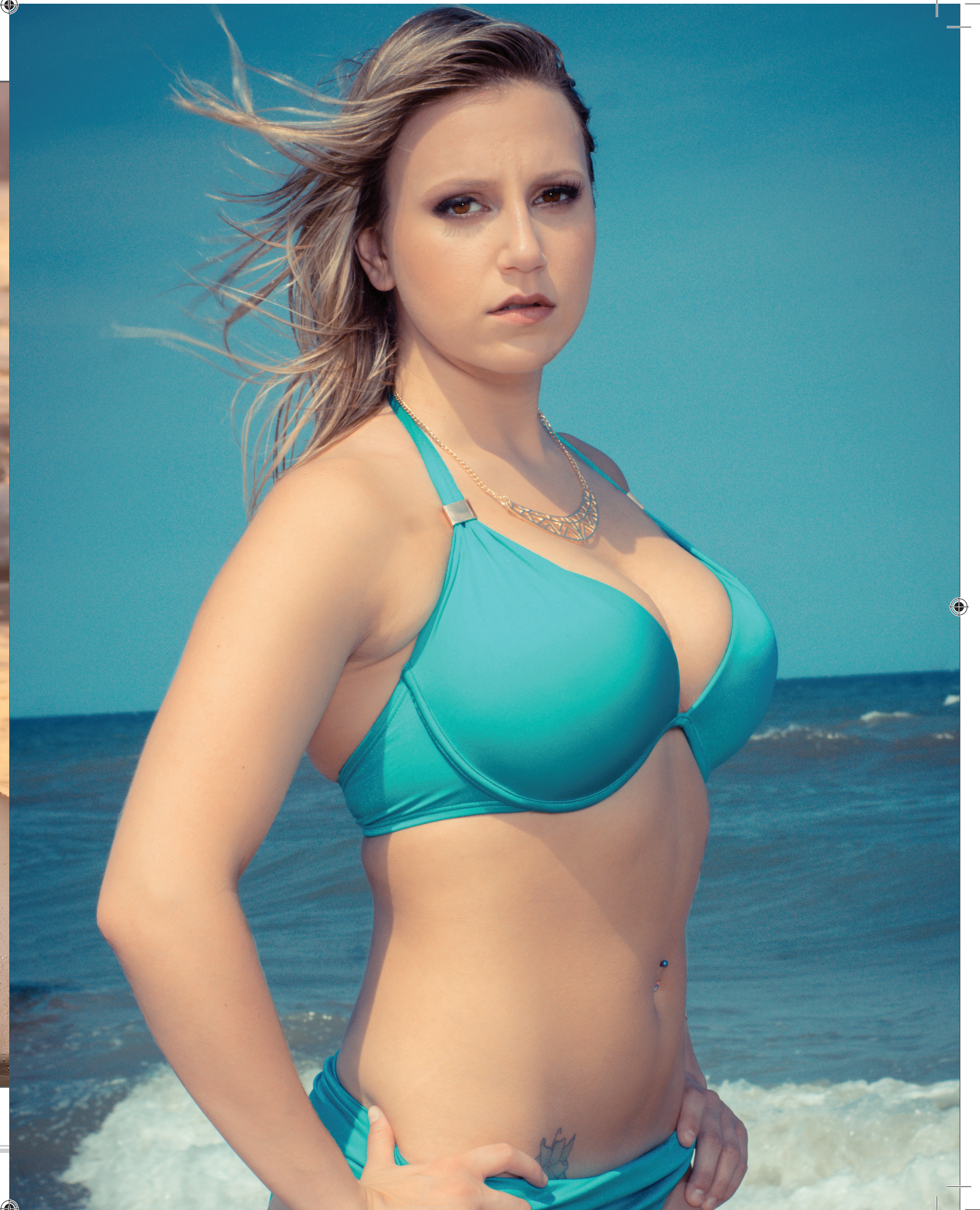


**Alice  
Descoteaux**





**Alice  
Descoteaux**





**Claire  
Scott**



*Dela Rosa Photography*  
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# Alicia Ugarte



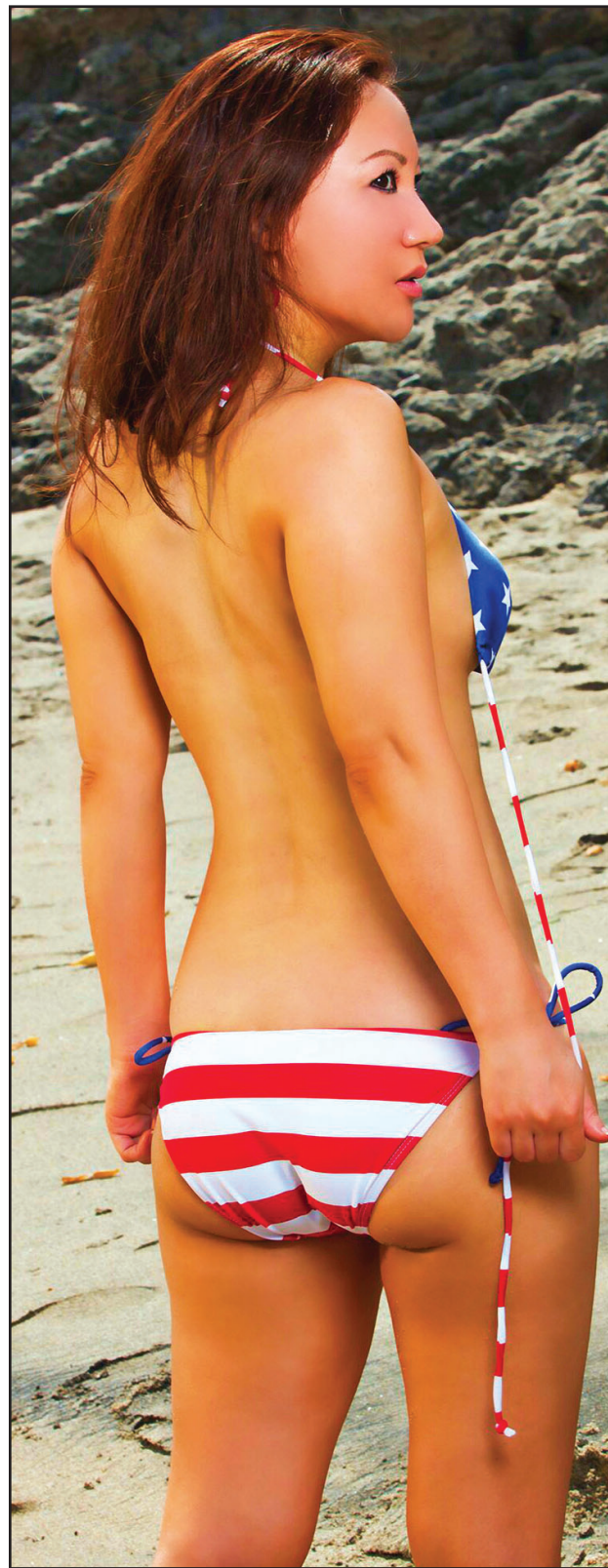


**Claire  
Scott**





**Christine  
Lee**



**Alicia  
Ugarte**



**Angel  
Beck**



**Christine  
Lee**





Dancing was my first love. I grew up performing on the stage with my supportive parents all the time, cheering in the crowd. I joined every school, church and our community activities as long as its dance related. Even took a bachelors degree in Physical Education, Health and Music because its close to dancing. Then I joined the university cheerleading PEP squad and through that, I practiced new skills in performing and won different competitions. Then I became an in-house TV dancer For ABS- CBN TV network in Philippines. It was one my life's highlight . Traveling, meeting celebrities and wearing cute costumes, mall shows and will never forget every bits of it. Dancing professionally was fun but alot of challenges as well. Maintaining not just your skills but most of all, your looks, body and weight. You're competing with your colleagues to look good all the time. Sometimes it's unhealthy already because it always makes you think that you dont look good enough and you have to please everyone around you. As you get older, you know your time runs out. And dancing will never be forever. You will be replaced! Time to look something else and probably prac-

tice my degree. Till opportunity knocked! I was offered to become a dance fitness instructor abroad. It was such a good opportunity to grow, as well a greener pasture to pass. Then i found my new passion. FITNESS. Here I am now, Im still practicing my first love and my new found love, as well my degree. Dance , fitness and a teacher all together! Now, my passion is to help people in achieving their fitness goals in life. Not just physically but as well as mentally and emotionally. Reminding them everyday to love themselves that they dont need others approval for them to feel good and happy! That no matter how they look and weight, they are enough and beautiful! So take care of your body, and your body will thank you later.

Life is like a DANCE. Just go with the flow and enjoy every rhythm of it. Perform as it is the last as you can never take every performance back!

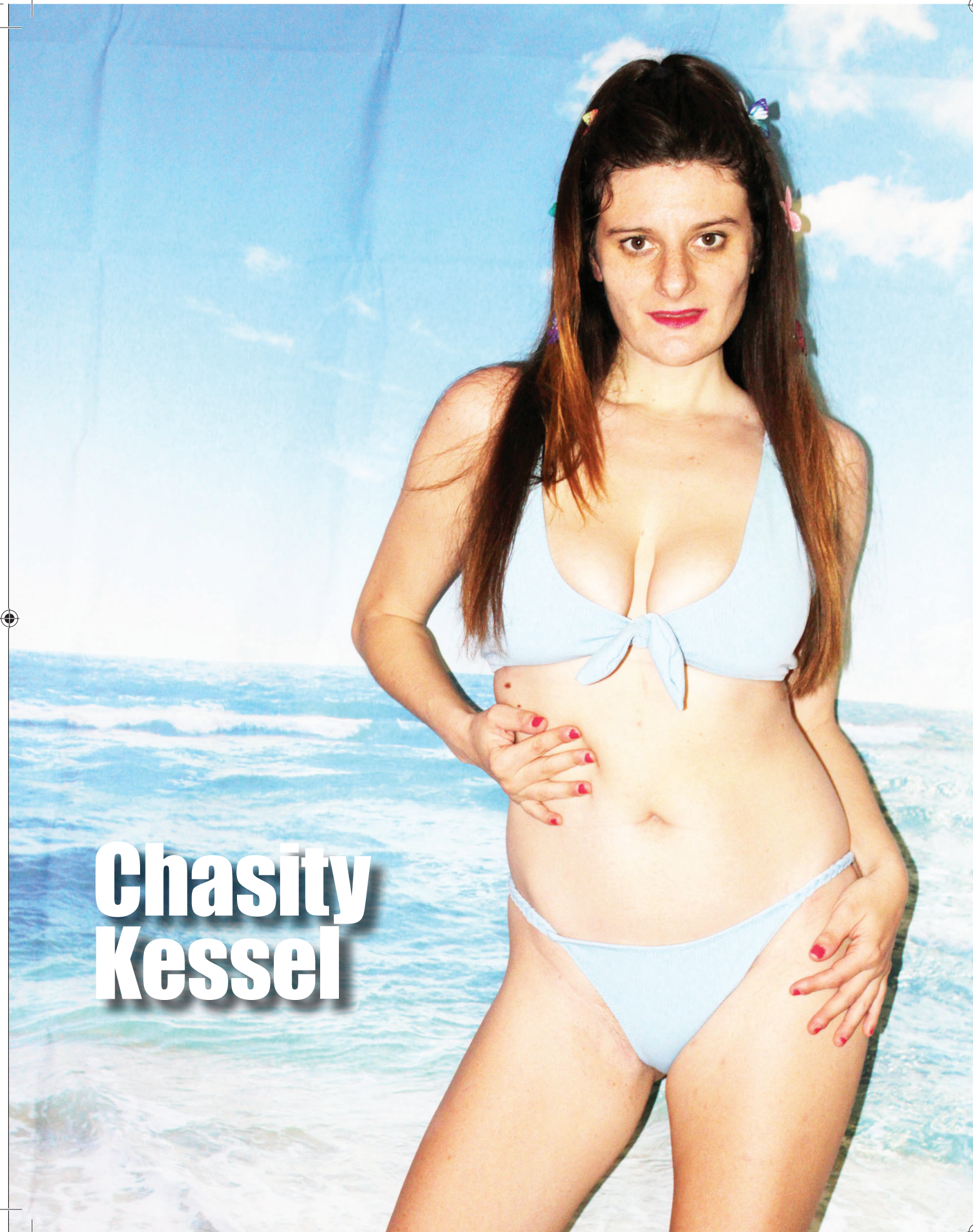
Coach Angel Beck



**Christina  
Kollias**



**Angel  
Beck**



**Chasity  
Kessel**



**Christina  
Kollias**





Some fun facts about me: I have 14 Cats that I love dearly! I am very much into yoga and meditation. My favorite food is pasta. I am very much of an outdoors person. Love is everything to me. Peace, love and happiness! Chasity Kessel xoxo

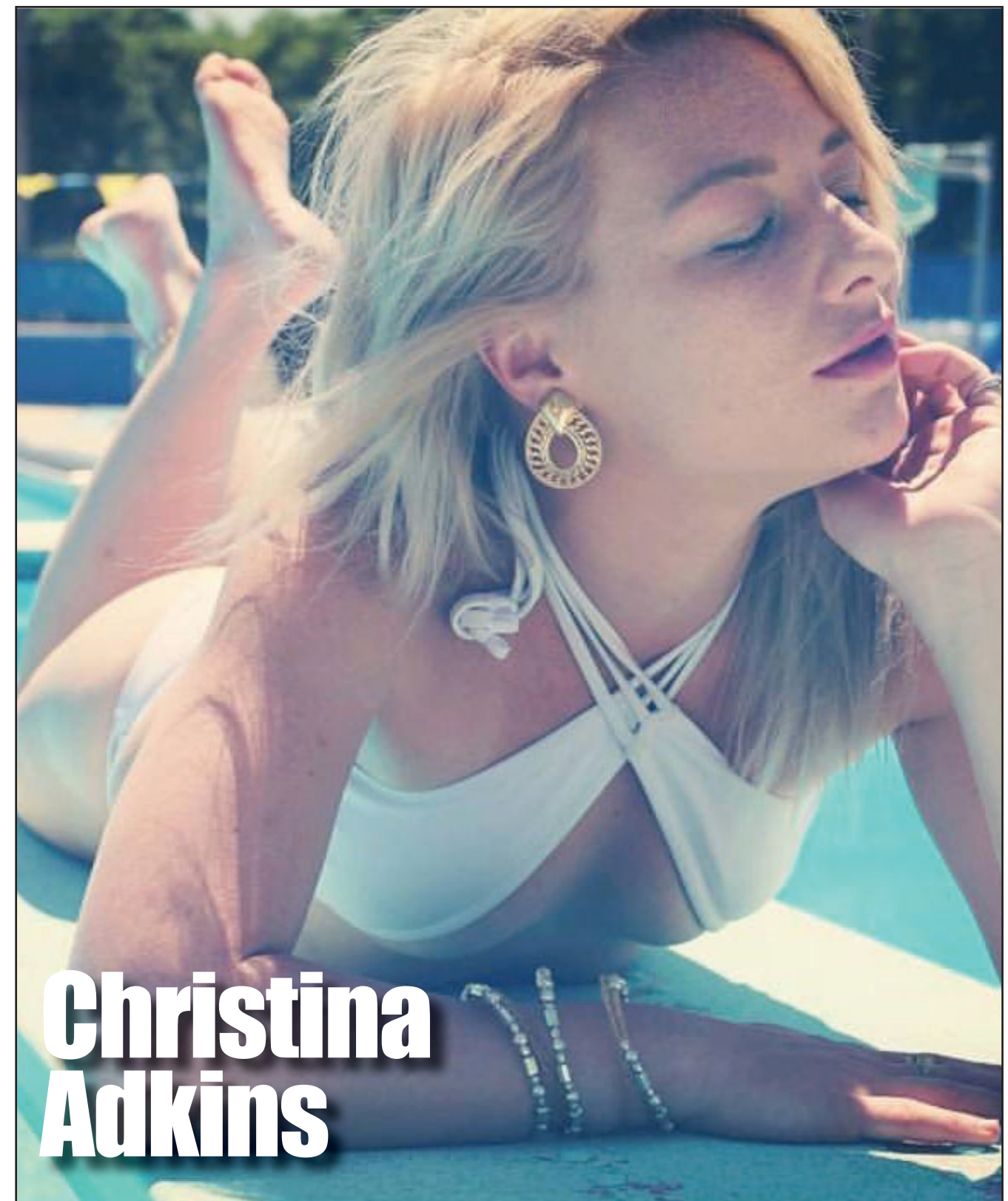
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# Christina Adkins



**Chasity  
Kessel**



**Christina  
Adkins**