

Andrew Haywood - Group Fitness Instructor

QUALIFICATIONS

RPM initial module training
RPM Advanced Instructor Module 1
Group Exercise Leader
Senior First Aid



How long have you been instructing?

I was a late bloomer. I've been instructing 31/2 years. (I started at 45)

Why did you choose to become an instructor?

I was asked by ERC as there was no male instructor's for RPM and they wanted a different point of view

Which program/s do you currently teach?

RPM

Favourite program to participate in?

RPM as is the best class for new comers to get there fitness levels up and it's a great work out for the regulars

What is your favourite track to teach and why?

Favourite track is Track 7. It's the last working track of the class and my last chance to encourage everyone to hit a new high

What advice do you have for new comers?

Breathing is over-rated in every exercise. Once you learn how not to be out of breath your whole world will change.

What is your instructor catch phrase?

"PEDDLE FASTER" The number plate on my car is PDLFASTER

What is your favourite post workout snack/meal?

As I mainly do night classes, my post workout food is dinner. LOL

What is in your gym bag right now?

I have some spare change (just incase someone comes into the class without water and I would give them some money to buy a bottle of water), spare padded bike seats for any new people coming into the class, a spare MP3 player with the music on it just incase my CD doesn't work, and a spare set of allen keys in-case I need to adjust any peddles.

If you could have one super power, what would it be?

I would be "The Flash"! Have you seen the speed on that guys legs! LOL