

Chantel Brown - Group Fitness Instructor

QUALIFICATIONS

Diploma of Exercise Science &
Fitness management
Pilates Institute of Australasia
Bodycombat initial training module
Bodyattack initial training module
Bodypump initial training module
Les Mills Pro-instructor
Advanced certificate in Nutritional
Counselling
Advanced diploma of Naturopathy
Spin cycling
Senior first aid



How long have you been instructing?

13 years! (Oh God, I feel old!)

Why did you choose to become an instructor?

I started out teaching Bodycombat because I absolutely loved it! It was a natural progression from personal training as I could reach more people to help them love exercise.

Which program/s do you currently teach?

At the moment Pilates....but I'll be back Les Mills!

Favourite program to participate in?

Metafit... WOW

What is your favourite track to teach and why?

Last cardio track in Bodycombat - I love the feeling of giving it your all

What advice do you have for new comers?

Try a wide range of classes, find the ones that you really enjoy. Recovery days are important and know that quality always wins over quantity.

What is your instructor catch phrase?

"Engage your b-line" (from Pilates)

What is your favourite post workout snack/meal?

Protein smoothie eg. protein powder, almond milk, blueberries and some kind of greens

What is in your gym bag right now?

Weight gloves, towel, water, quest bar (yum!), nappy/wipes (for my kid, not me)

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

Transform humanity back to a more natural way of living