

Jaime Hughes - Group Fitness Instructor

QUALIFICATIONS:

Metafit coach
Les Mills Grit Series
Les Mills Body Step
Senior first aid
Cert 3 & 4 in Fitness

How long have you been instructing?

1 year – Metafit was the beginning if it all for me.

Why did you choose to become an instructor?

My love for the programs. If you love what you're participating in or teaching, then instructing becomes second nature.



Which program/s do you currently teach?

Grit series

Favourite program to participate in?

Hard one! A tie between Grit & Body Step. They are both so different but I love both equally.

What is your favourite track to teach and why?

Plyo track in Grit

What advice do you have for new comers?

Come in easy, get a feel for the class & give it more than one go!

What is your instructor catch phrase?

I find myself saying "this is your workout, it's you vs you" a lot!

What is your favourite post workout snack/meal?

I'm usually on the go after the gym so something quick & easy, like banana or protein shake to keep me going.

What is in your gym bag right now?

Gloves, mic belt, myzone belt, chewies, phone, chorey notes, water bottle, deodorant and a lollipop.....(?)

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

To rewind the past. I very often have wicked comebacks I don't think of fast enough until after the fact.