

Kellyann Davis - Group Fitness Instructor

QUALIFICATIONS

Certificate III in Fitness
Certificate IV in Personal Training
Kettlebell Levels 1 & 2
Senior First Aid

How long have you been instructing?

Since 1984

Why did you choose to become an instructor?

It's quite simple...I love exercising.

Which program/s do you currently teach?

Tabata, Cardio Rev

Favourite program to participate in?

I love to participate in everything that involved physical activity - it's the challenge I love most.

What advice do you have for new comers?

You gotta start somewhere and everyone my classes started at the bottom

What is your instructor catch phrase?

"No use fluffing around like a stunned mullet. You gotta move to lose"

What is your favourite post workout snack/meal?

Wholesome foods. No artificial crap. Nutrient rich proteins, carbs and fats

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

Make people love exercise so and not think its a chore enjoy the journey

