

Kristie Pyke - Group Fitness Instructor

QUALIFICATIONS

Bodystep Initial Training Module
Bodystep Advanced Instructor Module 1
Bodybalance Initial Training Module
Bodybalance Advanced Instructor Module 1
Group Exercise Leader
Senior First Aid

How long have you been instructing?

4 years

Why did you choose to become an instructor?

I've loved group fitness classes since joining a gym 7 years ago. With the encouragement from my instructors at the time, I decided that 40 is the new 30 and it's never too late to start. I haven't looked back since but only wish I'd started years before.

Which program/s do you currently teach?

Bodystep and Bodybalance

Favourite program to participate in?

Bodystep, Bodybalance and Bodyattack

What is your favourite track to teach and why?

There's too many to pick a favourite.

What advice do you have for new comers?

Keep coming back. Like everything in life, the more you do something the better you become at it.

What is your instructor catch phrase?

Relax your shoulders. By doing this your spine is straight and you will have better posture.

What is your favourite post workout snack/meal?

Greek yoghurt with banana, almonds and a squeeze of raw honey or natural peanut butter.

What is in your gym bag right now?

Ipod, choreography notes, towel, Myzone belt, two mic belts, fluffballs (for the mic), tissues and deodorant

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

To fly or powers like Samantha from Bewitched

