

Lisa Buszan - Group Fitness Instructor

QUALIFICATIONS:

Body Combat and Body Attack
Certificate 3 (Gym Instructor)
AIF – Certificate 4 (Personal Trainer) in Health & Fitness
Provide First Aid and CPR certificate

How long have you been instructing?

I've held my Bodycombat certification for 11 years!
But took a long break to travel, get married and start a family.

Why did you choose to become an instructor? Passion for the program and the Les Mills brand

Which program/s do you currently teach? Body Combat and Body Attack

Favourite program to participate in? Body Combat! It is amazing for stress relief, fitness and endurance!
You always walk away from a class feeling strong and invincible! 💪

What is your favourite track to teach and why? I enjoy POWER TRAINING Track 5. It is usually a longer challenging track combining strength, endurance and HIIT! I love watching participants break through barriers and improve over time.

What advice do you have for new comers? Remember that everyone started as a beginner once! It can take a few weeks to master all the moves but once you do you will be hooked.

What is your instructor catch phrase? "We're in this together" I tend to find myself saying a lot! Because we really are a team.

What is your favourite post workout snack/meal? I refuel with a protein shake or lately have been enjoying banana, cinnamon and cottage cheese on a slice of Rye toast! Yum.

What is in your gym bag right now? Mic belt, spare tops, towel, loads of tissues, lip balm and a water bottle!

If you could have one super power, what would it be? Mind reading. So I can read my participants minds and know what is really going on behind the poker faces 😊

