

Jackie Kampen - Group Fitness Instructor

QUALIFICATIONS

Bodypump Initial Training Module
Bodypump Advanced Instructor Module 1
Bodycombat initial training module
Bodycombat Advanced Instructor Module 1
RPM Initial Training Module
Senior First Aid

How long have you been instructing?

3 years

Why did you choose to become an instructor?

I loved participating in body combat and thought I would make a good instructor

Which program/s do you currently teach?

Bodycombat and Bodypump and RPM

Favourite program to participate in?

RPM, Bodycombat and Bodypump

What is your favourite track to teach and why?

I love Muay Thai from combat. When you can get gnarly!!!

What advice do you have for new comers?

Have fun, don't take it too seriously and it takes up to 6 times in a class to get a handle on it. Everyone is the same at the start.

What is your instructor catch phrase?

Probably my "wahoo's". Can't help it ;-)

What is your favourite post workout snack/meal?

Salted caramel protein shake with almond milk.

What is in your gym bag right now?

Smelly combat and pump gloves, deodorant, towel, lipgloss

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

Speed! That way I may clean my house quicker.

