

Ali Evans - Group Fitness Instructor

QUALIFICATIONS:

Bodystep Initial Training Module

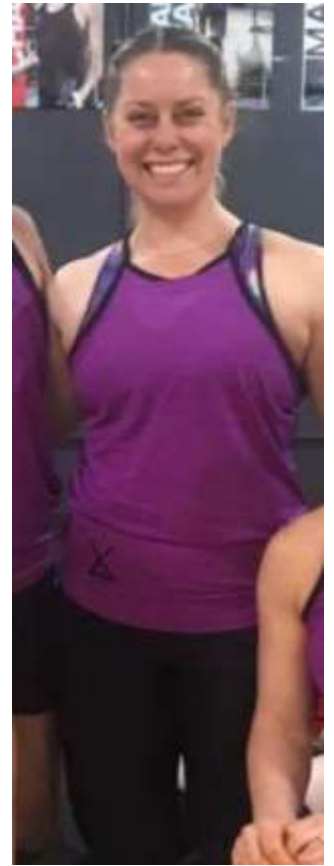
Bodystep Advanced Instructor Module 1 & 2 (Elite)

GRIT Series Initial Training Module

TONE Initial Training Module

Physiotherapist

Senior First Aid



How long have you been instructing?

Since 2009. I participated in my first step aerobics class in 1989, on a wooden step would you believe! Then I was hooked.

Why did you choose to become an instructor?

Because I love showing off?... nah. I love being the centre of attention?... haha no. I do it because I love keeping fit to fabulous music!

Which program/s do you currently teach?

Bodystep

Favourite program to participate in?

Bodybalance...when I find the time.

What is your favourite track to teach and why?

The athletic circuit of Bodystep as this combines my love of high intensity interval training, step moves and thumping tunes!

What advice do you have for new comers?

It takes 5-6 classes to get the hang of Bodystep so don't be too hard on yourself if you don't get it first time around.

What is your instructor catch phrase?

Reach for the sky and fly!

What is your favourite post workout snack/meal?

I love a smoothie...almond milk, banana and protein powder.

What is in your gym bag right now?

Too many sweat bands, towels, water bottles and random launch props.

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

To save the world of course!