

# Heather Grobbelaar – Group fitness Instructor

## QUALIFICATIONS:

- Cert IV fitness
- Aqua Aerobics
- BodyPump
- BodyBalance
- RPM
- Thump - boxing for fitness
- Fitball
- Freestyle group training
- Personal trainer



## How long have you been instructing?

12 years with a recent 5 year break

## Why did you choose to become an instructor?

I enjoy being with like-minded people. Everyone that comes to a class wants to improve their inner and outer being. I find these types of people inspiring.

## Which program/s do you currently teach?

RPM, RPM and did I mention RPM.

## Favourite program to participate in?

RPM ❤️❤️❤️

## What is your favourite track to teach and why?

Definitely the mountain climb track in RPM. It gives the ultimate burn, it's an epic challenge with uplifting music and you can give it your all 'cause you know it's the last track before cool down.

## What advice do you have for new comers?

Use a gel seat cover for the first few weeks – ERC has some in the RPM room so don't be shy in asking for one!

## What is your instructor catch phrase?

"Nothing changes if nothing changes"

## What is your favourite post workout snack/meal?

Flat white, almond milk coffee. Half strength. Always.

## What is in your gym bag right now?

Nothing. I empty it when I get home. Yes, every time.

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

Dash! Like Incredibles. Imagine being able to run so fast? Cool. Super cool!