

Katie Moyse – Group fitness Instructor

QUALIFICATIONS:

Cert 3 & 4 in Fitness

Cert 3 & 4 in Wellness coaching



How long have you been instructing?

I have been working on and off in the industry for the last 6 years. Babies and interstate moves have allowed me to take some time out but it's always been my passion and I plan on sticking around for a many more years to come.

Why did you choose to become an instructor?

I love the group training environment. Working in a team or just a group of people together is always motivating and pushes you in ways that a solo workout does not always achieve.

Which program/s do you currently teach?

Bootcamp & Core Control class

Favourite program to participate in?

Of course I would say Bootcamp. I love the freestyle classes that challenge and push you in different ways each time. Second to that, Cardio Rev would be my favourite but I'm always working when it's on!

What advice do you have for new comers?

Just enjoy yourself. Your first class will always be the hardest but if you have fun with it and go at your own pace you will see just what our capable of and every class thereafter will be easier.

What is your instructor catch phrase?

It'll be fun I promise! Only a few more reps.... Ha-ha! Ask the bootcampers, I'm sure they can tell you a few more phrases I throw at them.

What is your favourite post workout snack/meal?

Almonds, cashews and sprouts seasoned with salt and pepper. So delicious!

What is in your gym bag right now?

There isn't enough room on this page for me to list everything!

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

I would fly. Imagine being able to fly around the world like it's a normal thing to do. I'd have morning tea in Paris, afternoon tea in Cuba and sleep overnight in an African safari.