

Sarah Mordaunt – Group fitness Instructor

QUALIFICATIONS:

- Cert III Fitness
- Cert IV Fitness
- Cert IV Small Business Management
- Les Mills Body Attack
- Les Mills BodyBalance – Advanced Instructor Module 1
- Les Mills Bodypump
- Les Mills BodyJam – Advanced Instructor Module 1
- KANGATRaining (Postnatal fitness with baby)
- First Aid

How long have you been instructing?

15 years



Why did you choose to become an instructor?

Training is about helping people reach their health and fitness goals. Shortly after I had become a new mum to my big boy (15.5) I looked for this guidance and I realized how good it felt to achieve personal goals and also how much joy and energy can be felt during the huge investments of personal and group energy in a fitness class and in a personal workout. I found a way I wanted to connect with and motivate people from every walk of life. I chose this line of work also as a way to prioritise a healthy lifestyle and role model this for my children.

Which program/s do you currently teach?

Bodypump, Bodybalance, Grit series and freestyle classes

Favourite program to participate in?

This is a 'which is your favorite colour?' kind of question!! TOO HARD! Every day your body has different strengths, needs and energy and every class caters to these. I truly just LOVE the feeling of getting lost in a BODY JAM class and I LOVE the Stamina of BODY ATTACK but if I could live in a world with just one program... it would have to be BODY BALANCE I attribute this class alone to never sustaining a single injury. Its strength, stretch and relaxation embodied in a program made for everyone, and the flow is divine.

What is your favourite track to teach and why?

I enjoy power-peaking tracks and those with great challenge. I also enjoy guiding relaxation and meditation - presence is something we all need.

What advice do you have for new comers?

Be open and embrace challenges of all kinds and if at first it sucks ... give it another shot and another until you don't feel that way. At my first Body Jam class I actually slunk out after feeling overwhelmed and uncoordinated, totally frustrated that I just couldn't "get it" or "feel it" and that everyone else seemed so good at it (almost vowing not to return)... after persisting I found a love for this program and others and eventually became Internationally Certified to teach others. You never know where your workout might take you so be kind to yourself... always.

What is your instructor catch phrase?

Kia Kaha! Whether I say it often or just internalize it frequently it is a Māori phrase from my home land of New Zealand as an affirmation, meaning "stay strong".

What is your favourite post workout snack/meal?

Oooh... I really enjoy a sweet potato wrap with some grilled fish or chicken heaps of sprouts and carrot laced with some greek yoghurt - SO satisfying