



## HIIT FORMATIONS – Kirsty Nield

*This 100% HIIT class is like nothing your participants have done before. Exploring creative and totally unique ways of using the step, this session gives you inspiration to develop fun and challenging HIIT drills.*

*By jumping over, weaving around, picking up and putting down, this session uses the step as a working platform, an obstacle, and a resistance training tool. Including sections of basic step choreography, this class is designed to keep all your group fitness participants happy. From this masterclass you'll take home ideas that you can use in any class format.*

Starting her career as a fitness professional in 1999, Kirsty has established herself as one of the leading group fitness instructors and educators in Australia. She has a passion for creating challenging and unique group fitness classes. She has been a Group Fitness Manager since 2009 and fitness presenter since 2012. Kirsty is passionate about monitoring and educating fitness professionals, sharing the experience and knowledge she has gained in her long and successful career.



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