



## **REP SET GO – Mark Moon**

*Create dynamic, engaging, results focused strength and conditioning classes for group fitness, that will have you and your participants thinking and moving beyond the traditional formula of isolating body parts track-by-track. In this workshop you will learn the basis of designing and delivering a strength-based program that covers various movement planes, training modalities, repetition ranges and time-frames.*

Mark Moon has over 20 years' industry experience, teaching a variety of workout styles from freestyle to pre-choreographed. From 2005 to 2010 Mark was a Master Trainer for a leading global group fitness supplier. Since 2010 Mark has developed his own brand of fitness programs and contributed to numerous magazines as a health and fitness expert. Mark is one of Sydney's leading instructors with his workouts available on several online platforms including Jillian Michaels FITFUSION.



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