



## **THE DYNAMIC DUO – STRENGTH AND STRETCH With Lauren Green & Kirsty Nield**

*Brought to you by two of Australia's best group fitness presenters, 'Strength and Stretch' combines dynamic stretch combinations and functional strength drills to take the mind and body on a roller-coaster journey.*

*In this master class, light and shade is used to contrast the challenge of body weight strength training with relaxing stretch which will provide ideas and techniques that can be used in used in any group fitness session and give any instructor inspiration and confidence to mix up the way you choreograph and structure your sessions.*

### **LEARNING OUTCOMES:**

*This session will show delegates how to mix many different group fitness styles in the one session to produce an interesting, challenging and varied session.*

### **ABOUT KIRSTY**

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.

### **ABOUT LAUREN**

Lauren's fitness career began in 2004 and she loves teaching a wide variety of group-ex from HIIT to HiLo and Aqua. She is passionate about the mind body connection in our fast paced society and adores inspiring participants with Yoga and Mind Body classes. Lauren is a keen group-ex mentor and enjoys empowering instructors in the creative art of freestyle.



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