



THE MIX By Piloxing – dance, dance, dance !

NOT YOUR AVERAGE FITNESS CLASS. THIS CARDIO-DANCE PROGRAM WILL HAVE YOU OBSESSED – GUARANTEED!

They call it dancing. We call it living. THE MIX by Piloxing is inspired by commercial dance from the dance mecca of Los Angeles. Lose yourself in Today's Music Hits and Iconic Throwbacks while learning the most current grooves from LA's dance scene. This is what cardio should feel like!

THE MIX is for all fitness levels, ages and backgrounds. We want you to dance like no one is watching. Move with the frequency and play with the tracks. The world is your stage. Get in THE MIX.

Linda is a classically trained ballerina. By the tender age of 14, Linda was training full-time and truly committed to her life in the dance world. Linda has danced with the National Theatre and Australian Opera company, as well as commercially and in numerous musicals, music videos and on television. Part of her Diploma of Dance and Movement involved Pilates training and nearly 30 years later Pilates and Dance is still a major part of Linda's life.

She also trained in Taekwondo and is a third dan black belt. Linda competed at National Level winning Australian titles and State championships.

Linda's transition from dance into the fitness world began over 8 years ago where she started instructing Zumba. Within two years Linda was teaching fitness full-time with a variety of programs.

Linda is the Australian Master Trainer for Piloxing® in all four of its programs. Piloxing® SSP, Piloxing® Barre, Piloxing® Knockout and The MIX by Piloxing®. Linda has worked internationally licensing instructors, presenting at Master Classes and Fitness Conferences including FILEX and Asia Fitness Conference.



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