



TRIBAL RYTHMS – Lisa Westlake

Combine a fitball, a pair of drums sticks, music and movement to create a unique and energetic session full of rhythm, fun and inspiration. Warm up with drum sticks and the fitball individually then combine the two to drum your way to fitness. Balance the energy with a flowing stretch and relax to finish.

Feel the beat of the music and the beat of your heart to awaken your body, mind and spirit. No previous fitness, co-ordination or drum experience required..... all welcome. Just bring a fun attitude and a great big smile. And if you have done it before do it again – it will be different!

Lisa combines her qualifications as a physiotherapist and fitness professional to provide a range of health and fitness programs.

She is a highly regarded fitness educator, author and presenter and has been honoured with many awards including Australian fitness Network's "fitness professional of the year", "Presenter of the year", "Author of the year", Fitness Australia's 2014 "Outstanding contribution to the Australian Fitness industry" and Australian Fitness Network's "Lifetime achievement award in 2016.'

Lisa has a created a range of unique classes and programs and is passionate about empowering instructors, participants and the community to understand and enjoy safe and appropriate exercise.



THE MUSIC & MOTION STUDIO
WWW.MUSICANDMOTION.COM.AU