



SENSATIONAL CIRCUITS– Mark Moon

Circuit and HIIT classes have made a huge comeback over the last few years and have an important place on most timetables. This workshop will teach you the tricks and traps involved in creating sensational circuit workouts for small and large groups and identify the common mistakes trainers make and how to avoid them through strategic programming.

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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