



HI LO SHAKE UP with Kirsty Nield & Lauren Green

Giving old school aerobics a total shake up, this combination class catapults the classic HiLo session into the 21st century. By blending Lauren's creative mind and Kirsty's obsession with technique, this session contrasts creative yet easy to follow routines with dynamic and challenging conditioning combinations.

Mix and match the ideas and concepts covered in this action packed masterclass to suit a class on your timetable, from light pace senior's sessions to high impact classes.

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 HITT to Hi Lo and Aqua. She is passionate about 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 other instructors in the creative art of freestyle.



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