



HIIT FORMATIONS – Kirsty Nield

Keeping HIIT intervals exciting and effective can be a challenge. This masterclass will explore the use of different class formations to keep HIIT training fun and invigorating. 5 very different class layouts will be used, each with a different set of exercises and training methodology. Focusing on strength and cardio drills, the exercises from this session can be used in a variety of workout situations from group fitness classes to one on one PT sessions.

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.



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