



STEP FIT – Lisa Westlake

Join Lisa to experience the fabulous versatility of the step to create a range of class concepts with options to suit everyone. Explore HITT, conditioning, revamped tummy hips and thighs and more. Fill your step classes with straight, strong, fun and effective moves and step concepts that will appeal to all.

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 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.



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