

# GROUPX – Get Fit ‘Together’



## Tina Richards

STEP, FLEX, XCORE, PILATES, BARRE, ZUMBA, XRIDE

- Qualified NZ School Teacher
- NZ Net Fit Professional of the Year 2004
- Television Presenter – RISE N’ SHINE
- Outstanding Service Award – Fitness NZ 2008
- NZ Lifetime Achievement Award NETFIT
- Certificate of SPINNING
- Certificate of ESSETRICS – Canada
- Numerous Certificates and courses



## Renee Richards

BARRE

- Head of Dance – Long Bay College
- AK University Dance Hons.
- Certificate BARRE
- Competitive in HIP HOP Dance internationally
- Member of AMBUSH Dance Team
- Contemporary Dance Teacher – French Woods, New York –USA
- Professional Dance & Event Photographer



## Kerryanne Mayhew

BARRE

- Head of Dance – Albany Senior High
- Bachelor of Dance Studies – AK University
- Bachelor of Dance Studies -Hons
- Master of Dance Studies
- Modern Dance/ BARRE Instructor – French Woods – New York USA



## Irina

YOGA

- Graduate Medical Academy
- Graduate YOGA Institute
- Innovated own style YOGA-PILATES fusion
- Certificate of belly dancing
- Leader of Dance Group – Volga



## Echo

YOGA

- Ashtanga YOGA 200-hour Teacher Training
- Ashtanga YOGA 300-Hour Teacher Training
- One-year Ashtanga Apprenticeship Certificate
- NZ Certificate of Cookery (L4)
- NZ Diploma of Cookery (advanced) (L5)



## John Borwick

STEP, PILATES, XCORE

- Royal Academy of Ballet
- LIMBS Contemporary Dance Company
- Qualified Instructor – NZQA Network for fitness
- Certificate of PILATES
- Registered NZ Hairdresser
- Qualified NZ Guild of Chefs



## Chloé Höglund

BARRE, PILATES, X45

- Variety of Dance Diplomas
- Certified Personal Trainer
- Certificate of PILATES
- Certificate of NUTRITION
- Certificate of BARRE
- Certificate of SPINNING
- Gym Manager – French Woods New York, USA
- Professional Content Creator



## Nora Curtis

PILATES, XRIDE, XCORE, FLEX

- Certificate of YOGA Teaching
- Certificate of PEAK PILATES
- Certificate of SPINNING
- Athletics NZ Coach /Lecturer
- Waitakere Athletics Club Captain
- Over 20 years teaching group fitness