

Meet the Coach

This month we find out more about coach Ash.

1. What classes do you coach?

Most of the Ninja Classes and some HIIT here and there.

2. What inspired you to coach Fitness classes, Ninja Warrior and boxing?

Well, I started Ninja at Fighting Lyons quite a while ago, then I got roped into working here by Coach Michael and here we are, I'm running classes and making new obstacles.

3. What's your favourite food?

My favourite food is pretty hard to name, there are a few that I like, usually I stick to eating more savoury than sweet foods.

4. What's an interesting fact about you?

I was born with an extra thumb.

5. What sports did you play / participate in when you were younger?

Erm, not too many mostly just basketball for a few years, with some once off cricket and footy...I didn't really do many sports.

6. What is your favourite thing about coaching Fitness?

Seeing people achieve their goals whether it's with or without your input. When kids in classes do a new obstacle, I am happy that I helped them do that.

7. What is your favourite obstacle?

Ummm probably anything swingy, or balance related. A bit of everything really.

