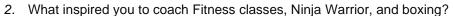
## **Meet the Coach**

This month we find out more about coach Michael.

What classes do you coach?
I coach all Ninja classes, Acrobatics, Boxing and HIIT classes.



I've always had a passion for fitness. Being able to educate people on exercise is something I enjoy doing. Teaching Ninja became a massive part of what I wanted to do because it is something I can relate to, and I wish there was ninja Warrior when I was a kid. I may have broken a few less bones haha.

3. What's your favourite food?

Hmmmm, not so much favourite food but I love fruit. Almost every type. The only ones I don't like are the ones I haven't tried yet.

4. What's an interesting fact about you?

I'm as blind as a bat, without contact lenses I pretty much can't see 2 metres in front of me.

I played cricket for nine years before pursuing my passion of boxing.

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

I played every sport possible, and I was a part of almost every school sports team. Rugby, soccer, basketball, cricket, and athletics to name a few. I started gymnastics at 11 years old.

6. What is your favourite thing about coaching Fitness?

Supporting the development of individuals who put in hard work and seeing the results they strive for.



