

# Meet the Coach



**FIGHTING  
LYONS**

This month we find out more about coach Michael.

1. What classes do you coach?

*I coach all Ninja classes, Acrobatics, Boxing and HIIT classes.*

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

*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.*

