

# Meet our team - Ash & Alissa

This month we want to introduce you to two of our team who you might see around the gym quite a bit.

## Introducing Fighting Lyons Coach - Ash

1. What classes do you coach?

Junior Ninja, Ninja Tech, HIIT, OCR & squad classes.

2. What sports have you participated in?

Basketball, Ninja and Table Tennis.

3. What is your favourite obstacle?

Laches and anything technical.

4. What's your favourite food?

Bacon & eggs and dumplings.

5. What's an interesting fact about you?

I was born with an extra finger.

6. What is your favourite thing about coaching?

Seeing the kids that I coach succeed and enjoy the sport.



## Introducing Fighting Lyons Receptionist - Alissa

1. What do you do in a day at the gym?

I work at reception helping with member enquires, parties and class bookings. I also work on our social media and events.

2. What classes do you participate in?

I love our HIIT, Boxing and OCR classes - I highly recommend parents give these classes a go while the kids are in class.

3. What's your favourite food?

Japanese.

4. What's your favourite part of your job?

I love watching the kids have fun together. We are lucky to have a wonderful community at Fighting Lyons, work is always fun.

5. What's an interesting fact about you?

I did my first ninja comp this year.

Michael was very kind with the course, ha!

