

## activ8tème Instructors



### **Elaine Stott: Run Leader (Rochdale Leisure Centre)**

I was an accountant for 13 years, turned 30 and decided I wanted a change! I was already teaching Spinning at Rochdale Leisure Centre, so thought why not try doing fitness full time!! I love my classes, the people I meet and the friends I've made along the way!

I enjoy delivering the running club as it's something different to my normal classes, it's outside, fresh air and you get to see people improve so quickly! The group caters for everyone. Lots of people think they can't run but they can with my group and I think that's really important. Just a good giggle, and as one newbie said last week "It's an excuse to have a gossip while treading the pavements getting fit!"

### **Barbara Bayliss: Event Director (Watergrove parkrun)**

A free, 5k timed run every Saturday for people of all abilities. The run is organised by volunteers and there are opportunities for people to volunteer every Saturday. <http://www.parkrun.org.uk/watergrove/>

I have been running for over thirty years; running keeps me sane, it has seen me through many of life's ups and downs and enabled me to meet lots of fantastic people who share my passion. I have been leading groups of people who are new to running for three years and started parkrun on 7th June 2014. Parkrun is a great way to be active and meet others, either through running or volunteering.

I love the feeling of 'community' that being at a parkrun provides; seeing people achieve their goals, be that to improve their time or simply to complete the course for the first time. Seeing families run together, old friends meet up, new friendships being made, people getting to grips with volunteer roles is all part of the fun of parkrun.

**Anne Clancy: Yoga Instructor (Middleton Popstars and Heywood Civic Centre)**

I have been practicing all types of Yoga for about 13 years, and can honestly say it has changed my life. I have now been teaching for over a year and I absolutely love it. I love seeing people enjoy it and benefit from the exercise and also the other benefits of yoga such as an increased body awareness, posture and breath control.

I love teaching the activ8treme sessions as it reaches a broader selection of the public and gets them involved in exercise and other activities that can benefit their lives. There is a great community feel and people build up their strength and flexibility which you can see quick results from.



**Sarah Maeght: Badminton Coach (Various locations)**

As a child I was very sporty and played a number of sports to a high level, I became injured so was unable to keep competing at a high level so decided to coach. I started coaching when I was 16 and have developed my skills and knowledge throughout the years and have now been coaching for nearly 9 years.

I enjoy coaching on the programme because of how laid back it is and the main element of each is fun it brings people of all ages, backgrounds and ability together and you see people develop within both their fitness and skills. We get various types of people who change a habit of a lifetime.



**Taira Booth: Zumba and Fitness Instructor (Various locations)**

With over 17 years teaching behind me, I've taught many different styles of classes from Zumba to Bootcamps and met lots of lovely people.

The classes at Heywood Civic Centre are like a breath of fresh air and it's a pleasure to train the ladies and gents. The classes are open to everybody no matter what age and ability and we can modify the session to meet your own needs.



### **Laura Nugent: Zumba Instructor (Various locations)**

Teaching Zumba brightens up my week! I've been in the health and fitness industry for over 10 years specialising in childhood obesity, nutrition and physical activity. I fell into Zumba when a colleague suggested my personality and dance background fit the bill and should give it a go back in 2011 and I'm still absolutely loving it. My smile and giggles are all genuine and I couldn't think of anything I'd rather teach. The added bonus is seeing real people enjoying it so much and benefitting in many different ways.

The activ8treme classes are fabulous for improving fitness, increasing confidence and mood but most of all having fun with other amazing people from around the borough. It's a privilege to be involved within different communities and promoting exercise for all, regardless of age, fitness level, background or ethnicity. For those who have made a class, thank you, for those who haven't yet, come along and join the fun!

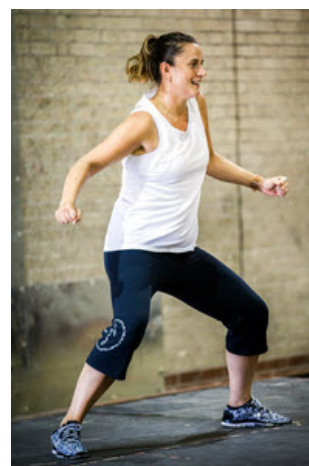


### **Laura Taylor: Zumba Instructor (Various locations)**

I've been teaching Zumba since 2011 and qualified as a fitness instructor in 2013. I started going to a Zumba class after suffering badly with post-natal depression to build my confidence again and hopefully shed a bit of baby weight!! I can't explain what it did to me, it made me smile again and feel really good about myself.

It was then that I decided to become an instructor in the hope I could make a difference to other people. This is why I love being part of the activ8treme scheme. You meet real people who are at your class for so many different reasons and as an instructor you become part of their journey. It's so rewarding!!

"We have a great vibe and group of ladies at all of our sessions with new people coming every week, so come and join us! You don't need to book - just turn up on the night.



### **Tracey Szynemek: Fitness Instructor (Various locations)**

I love teaching! My moto is: 'If I can do it, you can do it!' It's great to see people enjoying themselves while getting fit at the same time. I notice a big difference in people. One lady used to walk to my class and it took her 20 minutes. I told her to time herself and now it only takes her 10 minutes. People lose weight and start to have 'a new spring' in themselves. They often ask me if I've slowed the class down but it's down to them who have got fitter so I have to adapt the class to make it harder for them.



### **Jay Bird: Yoga Instructor (Various locations)**

After seeing the many benefits of a yoga practice myself, I took the opportunity to become an instructor in 2011. I now teach over 20 different fitness sessions each week which is mainly Yoga, as well as Pilates and Spinning classes.

The activ8treme sessions which I teach are for all ages, abilities and fitness levels and I'm hoping that everyone will take up some form of Yoga. I enjoy teaching Yoga as everyone can benefit from it, from active sports players to people who don't exercise at all.

I'm glad that I have helped people so far and the feedback I receive has always been positive including helping people who have suffered back pain, stress, anxiety, sleeping problems, flexibility issues and everyday stresses of day to day living.



### **Alison Adams: Badminton Coach (Heywood Sports Village)**

I've been playing badminton for over 35 years, both socially and competitively in local leagues. I qualified as a Level 1 Coach in 2013 and ran a social badminton group for 2 years before taking over the new No Strings Baadminton sessions at Heywood on Tuesday evenings. I've really enjoyed running the sessions, they're relaxed and friendly, and it's been great to see players returning to the sport and developing their skills, as well as absolute beginners improving week on week.



### **Gina Smith: Fitness Instructor**

Four years ago I weighed over 16 stone and decided to try group fitness classes in Middleton as a way to lose weight and become more healthy. I quickly became addicted and after falling in love with Zumba, I decided to train as an Instructor so I took my Exercise To Music and Zumba qualifications and I've not looked back since.

I have met some lovely people whilst doing this job and love to inject fun into the classes as I believe that is an important motivator that makes people want to come back! I make sure that the classes are suitable for all levels, so beginners through to advanced participants all go away knowing they have worked up a sweat but also feel comfortable within the group. I love to hear how the classes have improved people's health and how people have lost weight as it makes it all worthwhile.



**Tony Kelly: Badminton Coach (Kingsway Park Sports Centre)**

Details to follow

