

MORE  
**INTERNATIONAL  
PRESENTERS**  
THAN EVER  
BEFORE!

# » PRESENTER BIOGRAPHIES

# » INTERNATIONAL PRESENTERS

## Michelle Adams, BS, MPH

Originally hailing from Massachusetts, but currently based in Florida, Michelle has over 12 years experience in personal training. She is also a certified strength and conditioning specialist with the National Strength and Conditioning Association (NSCA CSCS) and a certified sports performance coach with USA weightlifting. Michelle also has a history of competitive athletics and is a spokesperson for General Nutrition Centres.

## Gandalf Archer

Gandalf has devoted his life to dance and has an extensive background in teaching and performance. With his natural flair, charisma and passion for bringing dance to the masses, 'G' and his team regularly work alongside international dance-fitness stars to ensure their choreography is up-to-the-minute with the latest dance and music trends.

## Richard Beddie, BSc, MBA

With over 15 years of club ownership experience, Richard is the CEO of FitnessNZ, the industry association for New Zealand. He has substantial governance experience on boards of commercial and non-profit recreation bodies. Richard presents internationally on a range of fitness-related business topics.

## Jay Blahnik

Jay was chosen as one of the Top 5 instructors in the world by *Shape* magazine, and *Men's Health* listed him as having one of the Top 10 workouts of all time. The star of over 30 videos and author of two books, Jay has previously been named International Instructor of the Year by IDEA and Can Fit Pro.

## John Blievernicht

John is president of the Institute for Sports, Health & Fitness in Flagstaff, Arizona and trains world champion athletes in Olympic and professional sports. He is internationally recognised as a dynamic presenter on fitness training and is a consultant to Nike and Life Fitness. He recently co-founded the Native American Fitness Council to serve indigenous tribes across America.

## Steve Boedt

The recipient of numerous presenting awards, Steve has travelled extensively as a dancer, teacher, presenter and trainer and as a member of the highly acclaimed Belgium NIKE Elite Team. He is a trainer on Belgian TV's *The Biggest Loser*, *Celebrity Fitness* and *Fit back to school* and is gaining international acclaim for his boundary-pushing concepts, choreography and larger-than-life personality.

## Mark Buckley, BPhEd

A passionate and sought-after presenter, Mark has been heavily involved in the fitness industry since 1994. A senior faculty member for the C.H.E.K. Institute and head of musculoskeletal therapy at Lower Hutt hospital, he also lectures internationally. Mark is the co-founder of Olympic Gym in Dunedin, an inventor of specialised exercise equipment and the creator of the acclaimed FMA™ Strength & Power Course.

## Ish Cheyne

Ish is highly regarded for his dynamic, motivational and informative seminars. Through radio interviews, television shows and international speaking engagements, his expertise and knowledge have become highly regarded. Ish works with Les Mills in the area of training development and has written and delivered education DVDs seen by more than 80,000 instructors in over 70 countries.

## Joe Cirulli

Joe's passion for fitness started at a young age, and he later honed it to develop a highly successful fitness business model. He owns three health clubs in Gainesville, Florida with a combined membership of over 28,000 loyal members. In 2003, Joe's health clubs led an effort that resulted in Gainesville being ranked as the healthiest community in the country by the Wellness Council of America.

## Josh Crosby

Josh is the creator of Indo-Row®, a growing international group fitness program created for intense, full-body, team-oriented workouts using custom-designed rowing machines. Indo-Row® has been featured in numerous publications including the *New York Times*, the *Los Angeles Times* and *Shape*, and on CNN. Josh is a multi-sponsored Ironman triathlete and world champion rower.

## Linden Cowan, BA

Linden abandoned her background in law when she discovered fitness, going on to become a personal trainer, successful PT/gym owner and certified Les Mills instructor. She is the group fitness development manager at The Leisure Centre where the focus has been to lift the profile and standards of aqua workouts under their Aquaworks™ program and authored the *Aquaworks™ Equipped for Success* training manual.

## Michol Dalcourt

An educator, author, trainer, inventor and industry leader in human movement and performance training, Michol is

also a former recipient of the PTontheNET Presenter of the Year award and an Adjunct Faculty with the University of San Francisco. Based in San Diego, California, he is the author of numerous articles on human design and function, the creator of a series of performance videos and the developer of an athletic model for high-performance training (the RMA model).

## Julz Darroch

Julz is a New Zealand fitness educator specialising in 'real world' exercise and fitness information. A 16-year veteran of the industry she has worked in every aspect of fitness and enjoys sharing the lessons she has learnt through instructor training, personal training, group fitness instructing, speaking engagements and her regular slots on New Zealand television's *Good Morning* show.

## Kayla Duke

Currently working with Asia's leading fitness company, California Fitness, Kayla is assistant group exercise manager for Singapore. She instructs, choreographs programs, trains and assesses instructors, and presents regularly both nationally and internationally. Prior to her fitness career, Kayla accrued 17 years of dancing experience, including classical ballet, providing a movement quality which gives a special edge to her presentation style.

## Tamara Echave

Tamara has been involved in fitness for all her working life, and currently owns Bodywork Gym and the Multi Training Studio in Whangamata, NZ. She embraces a cross section of training styles, from high energy boxing to yoga and Pilates and also works closely with physiotherapists. With a wealth of knowledge and experience behind her, Tamara's presenting style inspires and motivates.

## Jess Gronholm

Jess has taught fun and challenging yoga classes throughout the US for almost a decade. He is particularly well-known for his innovative design of over 20 distinct yoga-based workouts and his collaboration with MTV on their first-ever yoga videos. As national director of yoga for Crunch, he has shared his vision with over 350 instructors and thousands of students from all walks of life.

## Maureen Hagan, BSc

Maureen is an international award-winning fitness instructor and program director, a physiotherapist, certified aqua instructor and fitness author. As the vice president of operations for GoodLife Fitness and education director for Can Fit Pro, she is a highly experienced and influential figure in the Canadian fitness industry.



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## Gabrielle Harris

Gabrielle has 16 years fitness industry experience, teaching both land and water-based exercise. She has played an integral part in building the success of the Aquaworks™ program in New Zealand. A Les Mills Instructor, and both Network and CALA trained, she has a passion for dynamic instruction and innovative choreography.

## Randy Hetrick, MBA

Randy is the creator of the TRX® Suspension Trainer® and founder of Fitness Anywhere®, Inc, one of the fastest growing companies in sports and fitness. As an inventor, entrepreneur and former commando, his professional experience spans both the public and private sectors. Randy frequently lectures on entrepreneurship at the University of San Francisco and at Stanford University's Graduate School of Business.

## Kinnie Ho

Based in Hong Kong, Kinnie teaches a range of group exercise classes. His philosophy is to celebrate diversity and explore new things in life. Kinnie brings to his training and presentations a sense of humour and fun combined with focus and dedication. He is a regular contributor to Australian Fitness Network's publications.

## Darren Jacobson, BA

Darren is the head of fitness and product for Virgin Active South Africa. A featured writer for numerous industry publications, Darren sits on the IDEA Personal Training Committee and was a finalist for IDEA program director of the year 2009. He has presented at fitness conventions across South Africa, Canada the USA and Asia.

## Petra Kolber

An international presenter and motivational speaker, Petra has choreographed and starred in over 25 fitness videos and numerous television segments. She was awarded the 2004 and 2003 Best Female Presenter of the Year by ECA and in 2001 was named IDEA Fitness Instructor of the Year. Can Fit Pro named her the 2000 International Presenter of the Year.

## Sara Kooperman

Sara is CEO of SCW Fitness Education, founder of the MANIA Fitness Instructor Training Conventions and CEO of Les Mills Midwest in the US. The fitness editor for *Oxygen* magazine, and a lecturer for the American College of Sports Medicine, she has received the state honour Business Woman of the Year. Sara frequently appears on CNN as a health and fitness expert, and has received AEA's Global Award for Contribution to the Aquatic Industry.

## Nathalie Lacombe, BA (Psych), MExSc

Blending 15 years of international health and fitness experience with degrees in psychology and exercise science, Nathalie is passionate about education. As the director of membership and certification for Can Fit Pro, she uses her vibrant leadership style to create profound and lasting changes in staff, clients and participants.

## Stephanie McLennan, BEd

Stephanie has been involved in the health and fitness industry for over 30 years and is the project manager for Energize, a healthy lifestyle intervention project in 256 New Zealand schools. She is also a fitness instructor and coordinator and has written two books about exercise, one for primary school teachers and the other an 'at home' exercise guide.

## Jackie Mills

A qualified obstetrician and general medical practitioner, medicine and fitness have proved a powerful combination for Jackie. With qualifications in gymnastics, aerobics and dance, she has applied her expertise to the development of many Les Mills programs. Instrumental in creating BODYBALANCE®, she has guided its development from being a yoga-to-music class to a holistic class with its own distinct identity.

## Phillip Mills

Phillip is president of Les Mills International (LMI) and a fitness industry pioneer. A driving force behind the modern group fitness experience, Phillip developed the exercise-to-music system that evolved into the eight group fitness programs currently distributed by LMI in over 50 countries. He also developed the Les Mills Group Fitness Management system that supports the Les Mills program in clubs.

## Fraser Quelch, BPE

Fraser is the head coach and director of training and development for Fitness Anywhere and the creator and lead educator of the revolutionary TRX® Suspension Fitness Training Program. A renowned expert in functional training and endurance athletics, he has taken his dynamic and entertaining presenting style to events worldwide, authored numerous articles and created seven DVDs.

## Jeremy Strom

Jeremy is the education director for FreeMotion Fitness. He has worked in the fitness industry for over 15 years as a coach, personal trainer and fitness director. Jeremy presents continuing education lectures and practicum world-wide on integrated functional training, whole body vibration training and incline training. He is an accredited personal trainer and is committed to the advancement of functional fitness equipment and training protocols.

## William Sukala, MSc

A respected clinical exercise physiologist, William is an author, consultant and popular international presenter on fitness, nutrition, and medical exercise topics. He has delivered seminars across the US, Australia, New Zealand, China, South Africa and Mexico. William brings two decades of industry experience to his presentations and holds advanced degrees in exercise physiology and nutrition. He is currently completing his PhD in exercise and sport science.

## Susan Trainor

Susan brings over a dozen years as a professional dance choreographer to her role as program director for BODYVIVE™. She has a background in teaching and performance that includes stints with some of the leading dance companies in Australia and New Zealand, and also has acting experience in both film and television.

## Kris Tynan

Kris spent 20 years working in the UK fitness industry where she consulted to clubs in the area of gym floor operation. She was also a board member of the UK Fitness Industry Association for five years and is a regular contributor to *Fit Pro Business* (UK) and *Club Success* (US) magazines.

## Helen Vanderburg, BPE

An international health and fitness consultant and motivational speaker, Helen has been named the 2005 IDEA Fitness Instructor of the Year and 2006 Can Fit Pro Presenter of the Year. As an instructor trainer, coach, master trainer for BOSU, Gravity, Schwinn and Gliding, and business owner of Heavens Fitness Club and Fusion Fitness Training, Helen brings a wealth of experience to her presentations.

## Anthony Wall

As the national personal training manager for Les Mills New Zealand, Anthony oversees a team of over 280 trainers. He is a Master Trainer in five Les Mills programs and is part of the development and implementation team for Les Mills Team Training™. A recognised leader in team training programs, Anthony regularly delivers fun and dynamic seminars on fitness, motivation and personal marketing.

## Dave Wright

Dave is the owner and CEO of the international sales and marketing company Creative Fitness Marketing, which employs over 200 employees and generates over 45,000 new members every year for health and fitness clubs around the globe. He also owns six independent health clubs across two continents, regularly speaks at events in the USA, UK and Australia, and contributes to international fitness publications.

