

EUGENE BARLEY

QUALIFICATIONS

- Cert III (Fitness)
- Cert IV (Fitness / PT) Older Adults / Children
- Les Mills: BODYPUMP® / BODYSTEP® / BODYBALANCE® / BODYATTACK® / Les Mills Core® / Les Mills GRIT®
- Cycle Instructor
- Freestyle Instructor

AREAS OF EXPERTISE

- Small group training
- Weight loss
- Sports conditioning and development
- General fitness
- Older adults
- Children

BIO

I discovered fitness whilst giving up smoking and found this amazing, positive and uplifting environment that I wanted to be a part of. Since then, I've enjoyed seeing the positive impact that fitness and training has made on many peoples lives. I have seen many members of the years go on their fitness journey with some amazing results - even with some becoming instructors and motivators themselves.

Fitness has enabled me to take some amazing adventures around the world including Machu Picchu, and The Grand Canyon.

I've also had the opportunity to work with toddlers and introduce them to sports and fitness at a young age, hopefully developing a love of fitness and sports throughout their lives.



Favourite holiday destination?

I love to travel and explore the world and cultures. Big favourite is exploring US and Central America, but I will always return to Hawaii as my escape spot.

Top workout tip?

Have fun ! when you are having fun, you are going stay with it longer and will keep coming back to it. If it doesn't feel like work you will enjoy it.

Top nutrition tip?

Everything in moderation with strong self control, that way you should never have cravings and then won't binge.