

MEET YOUR PRESENTERS

LES MILLS
LIVE
TORONTO
2022 GoodLife FITNESS



Cinzia Bemmann

Cinzia Bemmann has been a Les Mills instructor for 15 years. She is certified in BODYPUMP, RPM, Core, GRIT, and Tone. Cinzia is also a Canadian National Trainer for BODYPUMP and RPM. She loves a physical challenge as well as meeting and encouraging new people.



Inno Delarmente

Originally from Philippines, Inno now residing in Calgary, Alberta. After winning a BODYCOMBAT competition in 2006, he was approached to become an instructor for BODYCOMBAT. In 2014 he added BODYBALANCE and then Les Mills CORE to his certification. He is also one of the pioneer team to train for GRIT series when it launched in Canada in 2016.



Gavin Featherstone

Gavin has been a fitness professional and trainer for over 20 years. Currently, he is a Fitness Instructor and National Trainer for GoodLife Fitness/Les Mills Canada for BODYPUMP™, RPM™ and THE TRIP and Presenter for BODYCOMBAT™ and CXWORX™, and is a Master Trainer for TRX.



Julie Frias

Julie is a Canadian Les Mills National BODYBALANCE and TONE™ Trainer and Presenter. She also teaches BODYPUMP and Les Mills CORE. She has an honours degree in Physical Education with a specialty in Health Promotion from Laurentian University and a registered massage therapist. Julie has over 17 years of Group fitness exercise/personal training experience.



Kathleen Fursey

With close to 20 years in the fitness industry, Kathleen now focuses on teaches BODYSTEP, TONE, BODYPUMP and the GRIT series. She is also certified in NEWBODY, BODYATTACK, Les Mills CORE, Jillian Michaels BODYSHRED, and YogaFit. She is a huge advocate for kids with special needs.

canfitpro | 2022

GLOBAL CONFERENCE & TRADE SHOW

AUGUST 10-14, 2022

MEET YOUR PRESENTERS

LES MILLS
LIVE
TORONTO
2022 GoodLife FITNESS



Kylie Gates

Having been part of the Les Mills tribe for over 20 years, Kylie has played a key role in growing the popularity of LES MILLS™ programs. She is now the Les Mills Creative

Director and the BODYPUMP™ Head Program Coach, which means she works closely with Les Mills program directors to shape and develop the programming, while also coaching new instructor and presenter talent.



Kim Gibas

Kim Gibas has been working in the fitness industry teaching group fitness classes for the past 12 years. She switched from teaching freestyle classes

to Les Mills in 2009 with her first training - RPM™, followed up with CXWORX™ in 2012. Kim completed a Bachelor's degree in Physical Education and a Masters in Physiotherapy.



Sandy Gribbon

Sandy Gribbon is Les Mills National Trainer and AIM facilitator in Canada for CXWORX™ and BODYCOMBAT™.

She is also a Group Fitness Instructor in Toronto for Goodlife Fitness clubs. She currently instructs CXWORX™, BODYCOMBAT™, BODYPUMP™ and BODYBALANCE™.



Maureen (Mo) Hagan

Maureen (Mo) Hagan is a global fitness ambassador and licensed physiotherapist, recognized for her work and leadership in the fitness industry that

spans almost 4 decades. She is an international award-winning fitness professional, recognized as Canada's Top 10 Women of Power in 2020 and a Top 100 Health Influencer for 4 years in a row. Mo is Chief Operating Officer for canfitpro – Canada's leading fitness education authority—secretary of the national board of directors for Prescription To Get Active and the creator of canfitpro's Women Who Influence.

canfitpro | 2022

GLOBAL CONFERENCE & TRADE SHOW

AUGUST 10-14, 2022

MEET YOUR PRESENTERS

LES MILLS
LIVE
TORONTO
2022 GoodLife FITNESS



Ming Hillier

Ming Hillier is based in Toronto.

Ming Hillier is a Presenter for the Canadian National LES MILLS team. She is certified in BODYCOMBAT, BODYPUMP, BODYSTEP, LES MILLS GRIT, and LES



Csaba Korosi

Csaba Korosi is a National Presenter for RPM and BODYPUMP. His passion is helping others reach their personal fitness goals.

Csaba Korosi (pronounced Chubba) hails from Szeged, Hungary and now calls Fall River, N.S. his home. He was hooked after his first RPM ride, and is now



Fred Kung

Fred Kung is an international presenter, he has appeared in several Les Mills videos and several independent fitness videos.

Fred Kung is a Les Mills Canada trainer and presenter for BODYPUMP, BODYATTACK, LES MILLS CORE and BODYSTEP. From Ottawa, he has been working



Jenna Longo

Jenna Longo is an Eating Psychology and Wellness Coach. She is currently focusing on BODYCOMBAT and BODYPUMP.

Jenna began teaching career when she was 16 years old. Jenna is a former dancer with a 20+ career in various roles with GoodLife Fitness. Jenna



Ben Main

Ben Main is an energetic, tall and athletic fitness presenter. He is involved in the education, inspiration and coaching of other instructors from all over the planet.

Energetic, tall and athletic, Ben Main has become a familiar face across LES MILLS GRIT™, BODYATTACK™ and BODYPUMP™ masterclass

canfitpro | 2022

GLOBAL CONFERENCE & TRADE SHOW

AUGUST 10-14, 2022

MEET YOUR PRESENTERS

LES MILLS
LIVE
TORONTO
2022 GoodLife FITNESS



Lisa Mastracchio

Lisa is a fitness professional with over 25 years' experience as a group fitness leader, personal trainer, and nutrition coach. She was recently awarded

canfitpro's Fitness Professional of the Year in 2019. Since then, she has developed her online brand "Coach Lisa" where she has created unique group coaching programs as well as an exclusive membership site called WOW (Women on Weights). She continues to share her passion to help women build muscle and gain confidence both in person and in the online space! www.coachlisa.ca



Dan McDonough

Dan McDonough has been a Speaker, Educator & Coach for over two decades and is a globally recognized fitness professional. Dan joined GoodLife Canada as

the Director of Programming, Performance & Les Mills Canada. In 2015, Dan was an IDEA Program Director of the Year finalist and in 2012, he was awarded IDEA Group Fitness Instructor of the Year.



Jeanette Novak

Jeanette Novak is a Canadian National Presenter for BODYBALANCE and Les Mills CORE with over 20 years experience in the

fitness industry. As a professional dancer, certified Personal Trainer, Yoga and Pilates teacher she has travelled extensively. Jeanette has participated in Masterclasses at Les Mills Live Toronto and Les Mills Quarterly workshops in Southwestern Ontario.



Mark Nu'u

Mark Nu'u has spent more than two decades as the BODYSTEP™ program director, profoundly influencing the development of modern

step fitness classes. Charged with creating a new workout every three months, Mark has developed over 100 BODYSTEP workouts. When he's not developing new releases, he is traveling to international training events, motivating educating and inspiring instructors all over the planet.

canfitpro | 2022

GLOBAL CONFERENCE & TRADE SHOW

AUGUST 10-14, 2022

MEET YOUR PRESENTERS

LES MILLS
LIVE
TORONTO
2022 GoodLife FITNESS



Erin O'Connell

Erin is a prominent group fitness instructor with Goodlife Fitness in Edmonton Alberta. With over ten years of experience, she currently teaches Newbody, BODYPUMP, BODYATTACK, BODYBALANCE and CORE. Erin was the Newbody Idol in 2016. She is currently a National Presenter for Newbody, BODYPUMP and BODYATTACK.



Melvin Ong

Melvin obtained his first certification in 2012 – BODYSTEP, then in 2014 he added Les Mills CORE. In 2016 after living in Amsterdam for a period of time he acquired his certification for BODYATTACK. Melvin also completed his Advanced Instructor Training in BODYSTEP in 2015.



John-Henri Peterson

John-Henri started his fitness journey in 2013 working for GoodLife Fitness North Bay, Ontario. BODYATTACK was his first Les Mills certification in 2016, for which he is now a Canadian National Presenter. He was later certified in GRIT and just recently completed his BODYSTEP training.



Alex Sanchez

Alex is now a trainer/presenter for BODYCOMBAT, BODYJAM™, LES MILLS TONE™ and SH'BAM™. His skills don't end there - Alex has extensive training in dance, having studied at numerous acclaimed dance schools, including Broadway Dance Center (New York), Pineapple Dance Studios (London), and Millenium Dance Center (Los Angeles). He is also a black belt 1st Dan in Taekwondo.

canfitpro | 2022

GLOBAL CONFERENCE & TRADE SHOW

AUGUST 10-14, 2022

MEET YOUR PRESENTERS

LES MILLS
LIVE
TORONTO
2022 GoodLife FITNESS



Amanda Scales

Amanda Scales is a Personal Trainer, Fitness Instructor, Coach and Educator who helps provide individuals guidance and direction to bring personal health and fitness goals to fruition. Currently, she is educating youth and adults leading group fitness classes and workshops for Les Mills™ as an International Master Trainer/Presenter and TRX™ as a Course Instructor.



Sue Staresinic

Sue Staresinic is an award winning, 24-year fitness industry veteran. She is a canfitpro PRO TRAINER who mentors and educates fitness instructors. She has participated in the filming of numerous NEWBODY masterclasses and her workouts are featured in the on-demand virtual platform in 300 GoodLife and Fit4Less clubs across Canada



Steve Tansey

Steve Tansey is the UK Programme Specialist and International Presenter for BODYCOMBAT™, Senior Trainer and Presenter for GRIT™. He is also the Head of Research and Development in the UK working from Les Mills Head Office during the week and managing a UK regions instructor engagement/Training Team.



Alyssa Walton

Alyssa has been teaching with GoodLife since 2011. She represented Canada as "THE ONE" in Stockholm, Sweden in 2015, she was shadow presenter on BODYATTACK 100 in Amsterdam & most recently represented Canada in the filming of BODYATTACK United. Alyssa is currently certified in BODYATTACK, BODYSTEP, BODYJAM, SH'BAM and BODYBALANCE.



Luke Woolliscroft

Luke Woolliscroft is a LES MILLS BODYBALANCE, BODYPUMP and RPM instructor and member of the Canadian LES MILLS presenting team. Originally from the UK, Luke is now based in Sarnia, Ontario.

canfitpro | 2022

GLOBAL CONFERENCE & TRADE SHOW

AUGUST 10-14, 2022