



Nike Elite Trainer Steve Boedt in action. Boedt was in Christchurch recently to share his skill with local fitness instructors.

# City hosts international fitness celebrity

THE LATEST developments in group fitness training were shown to council leisure centre tutors when a world renowned fitness instructor visited Christchurch recently.

Nike Elite Trainer Steve Boedt led a training workshop at the Pioneer Leisure Centre last weekend. Tutors from all Council Leisure Centres, including those who will be teaching at the soon to be re-opened Jellie

Park, attended the sessions.

Every 12 months, the Recreation and Sports Unit brings an international instructor to Christchurch as part of its tutors' training and development programme, said John Growcott, Group Exercise Coordinator.

"Bringing in experts like Steve keeps in line with our policy of delivering world class programmes to our

customers."

Steve Boedt works in Europe and is an International FISAF judge for artistic aerobics competitions. He has travelled to over 25 countries as a dancer, teacher, presenter and trainer. Steve is also a trainer on popular television shows "The Biggest Loser" and "Celebrity Fitness."

Steve is fast gaining international

acclaim for both his original boundary-pushing concepts and choreography as well as his approachable yet larger than life personality.

"I saw Steve at a conference in Australia, and I thought he was incredible," said Mr Growcott. "I knew we had to get him to Christchurch to share his skill and knowledge with our instructors."