

Sunit Kaur

GROUP FITNESS INSTRUCTOR

EDUCATION & EXPERIENCE

Certifications: Strength, Core, Yoga, Kickboxing, Cycling
I have more than 20 years of experience teaching a variety of fitness classes in both public gyms and private organizations.

TRAINING STYLE & PHILOSOPHY

My training style is versatile, ranging from high-energy, music-driven HIIT/Tabata sessions designed to elevate the heart rate and build strength, to more relaxed classes focused on yoga and stretching. I enjoy teaching both choreographed routines and free-form styles, and I'm always eager to learn new techniques to meet the needs and challenges of my participants.

I believe in fitness as a holistic approach to health, encompassing physical strength, flexibility, mental well-being, and the joy of movement.

