



MEET JOYCE FORD

Qualifications: Physiotherapist and Group Fitness Instructor

Specialisation: Pre/post-natal & older adults

Experience: 19 years

Located: Melbourne, Victoria

Hi, I'm Joyce and I'm a Melbourne-based physiotherapist and group fitness instructor.

I completed my Exercise to Music Leader's Course at Box Hill TAFE in December 2000. I also have a Bachelors Degree in Physiotherapy from LaTrobe University (2003). Currently, I teach freestyle aerobics, Step, Barre Attack, and Les Mills programs including BODYPUMP and BODYATTACK.

I'm also qualified to teach BODYSTEP, Gymstick, Zumba, HotCycle, and myofascial release, TaiBox, and pre and post-natal exercise classes.

What I love most about working in our industry is helping people find the joy in moving to music; and seeing positive changes both emotionally and physically from the sense of achievement after completing a class. Getting fit and making lifelong friends is just an extra bonus!

What I like most about being a FITREC member is being associated with longstanding professionals in the industry, who are genuinely happy to assist new and seasoned instructors to find employment; who provide access to continuing education opportunities; and who are committed to ensuring a positive future for our industry. ♦

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MORE ABOUT JOYCE

MEET JOE SMITH

Qualifications: Personal Trainer and Strength & Conditioning Coach (currently completing)

Specialisation: Sports Coach

Experience: 21 years

Located: Melbourne, Victoria

Hi I'm Joe and I'm a fun, outgoing and driven fitness professional with experience in Sports Coaching, Personal Training, Corporate Wellbeing, Gym Management and Health Service Management.

I first qualified as a personal trainer in the UK, then completed many sports coaching qualifications before working as a PT and professional sports coach.

In 2009 I moved to Sydney and started working as membership consultant, then

later became a manager of several gyms. It was only when I looked into returning to personal training again that I found myself in a grey area where despite insurance companies offering to cover me, many job applications required me to have an Australian Certificate IV in Fitness qualification. So I reached out to FITREC and their advice was awesome. They assured me all my certifications was credible through FITREC's points system, and through their connections I spoke with a number of reputable training organisations who could fast-track my Certificate IV qualification, through the recognition of prior learning process.

Today I am no longer stuck behind a desk, but am again directly helping clients to improve their health and fitness, thanks to FITREC, and especially Chenille. ♦



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MORE ABOUT JOE