



This issue, our **Featured FitPro** spotlight is on **Flic Manning** and **Murray Player**. Press play to learn more.



FLIC MANNING

Flic is a wellness coach, personal trainer, dance educator, neuroplastician, meditation guide and a popular keynote speaker. She's the founder of Corethentic, a holistic Wellness System that brings the body and mind into alignment via specific workouts, wellness coaching and mindfulness podcasts and videos.

MORE ABOUT FLIC



"I like to talk, write and learn about humans and apply all of that to health, the brain, business, mindset, advocacy and media. Put a microphone in my hand, a camera in my face, dance shoes on my feet or a pen in my hand and I'm at my happiest."

MURRAY PLAYER

Murray is the owner, manager and head coach at Team Players Small Group Training, which is an expert functional training studio with a focus on HIIT. Murray runs all classes throughout the week, using his 20+ years of experience to transform his clients in the safest and most effective ways possible.

MORE ABOUT MURRAY



"COVID has changed everything... I rented out equipment and did some personal training in the car park... It's given me the chance to step back, refocus, recharge and get back to my own fitness."