

# Member profile: Caroline Pitney



Group Exercise & Mind Body Network managed to track down the very busy Les Mills Instructor of the Year, Caroline Pitney, to ask some questions before she hotfooted it to her next class...

## **Name, occupation, state**

Caroline Pitney, owner of Integra Health Fitness and Wellbeing, Fitness Instructor and Personal Trainer, NSW

## **Your fitness qualifications**

Fitness Leader Cert IV, certified in BODYPUMP®, BODYBALANCE® and RPM®, Impact training, LMI Group Fitness Management Systems, Austswim Pre-school extension to name a few

## **How did you get into this industry and how did you arrive at where you are today in your career?**

I became interested in the fitness industry seventeen years ago when my husband (who is a geologist) and I lived in Telfer in The Great Sandy Desert, WA, the most isolated mining community in the world. To escape the 55 degree heat we used to do aerobics to Jane Fonda (minus the leotards!) on the big screen in the recreation hall, each person taking turns to organise the class. Swimming is one of my passions and I also did my Austswim training at that time.

We moved to Orange, NSW in 1995 and I started teaching swimming for one of the health clubs. Soon after this I did my Fitness Leader certification and started personal training. In 1997 I attended BODYPUMP® training and I haven't looked back.

My dream came true in 2003 when my extraordinary husband, family and I built one of the most picturesque health clubs in Australia. We're situated on three hectares of land with panoramic views over Orange and its nearby mountain. We hold indoor and outdoor classes, and the building is surrounded by glass windows with fresh air continuously flowing through it. We believe that you should enjoy what you do and where you do it!

## **Describe your typical day**

By 5.20am I am running my 3-5km run which I follow with some kind of a workout, before opening the club to members at 6am. I then spend the morning taking RPM® or BODYPUMP® classes and personal training until morning tea when I catch up with my staff. The rest of the afternoon is spent on management duties (sometimes, if I'm very lucky, I spend an hour or two just sitting in the sun on the deck with a latte and reading). On three evenings a week I do personal training or take RPM® classes, and on the others I'm at home being a mum before hitting the hay with a cuppa tea and a good book!

## **What are the best and worst aspects?**

My fabulous staff, beautiful work environment and the wonderful feedback we get from our members (85 per cent of whom have never belonged to a health club before) make me really happy. The bad aspects are the long days and no sleep-ins!

## **What has been your greatest career challenge?**

Keeping awake between 2pm and 4pm!

## **And your greatest career highlight?**

Definitely designing and building my own club and working with my family. And winning the Les Mills Instructor of the Year award of course!

## **What are your goals for the future?**

To keep expanding - there are many more plans on the drawing board... ♦



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