



Media Release

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Lincoln fitness instructor successful at national awards

Lincoln Event Centre fitness instructor, Linda Miratana has won two national exercise industry awards.

Linda took out the 'Group Exercise Freestyle Instructor of the Year' and the 'People's Choice Award' at the New Zealand Exercise Industry Awards in Auckland last weekend (26 November).

As Group Fitness Team Leader at Selwyn District Council's Lincoln Event Centre, Linda teaches seven group exercise sessions each week including pump and spin classes.

"Linda is an absolutely outstanding instructor - we always knew she was one of the best in New Zealand, now the rest of country knows this too. We are really proud to have a Lincoln local take out these national awards and achieve the recognition she deserves," says Ginny Bowden, Lincoln Event Centre Manager.

"Linda gets around 50 people attending her pump classes," Ginny adds. "She creates a real sense of community in her classes."

Linda's daughter flew over from Melbourne to join her at the awards evening. Five ladies from her classes were also there to support her.

Linda says she couldn't have won the awards without the support of those around her and she is very proud to have won not only the Group Exercise Freestyle Instructor of the Year but also People's Choice Award.

"It felt very surreal to come away with both awards, and it's just awesome to bring them back to Selwyn district. I had presented at the New Zealand Fitness Conference earlier in the day and so that, along with winning the awards, made for a very special day," she says.

On top of her fitness instructor work, Linda also works full time as the Assistant Manager at Lincoln Event Centre.

Lincoln Event Centre offers a wide range of classes including baby gym, Tai Chi, Zumba and low impact classes for seniors. For more information visit www.selwyn.govt.nz/lec.

Ends

Photos attached: *Linda teaching a class and with her New Zealand Exercise Industry Awards*

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