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This is a short biography of my experience in becoming a group exercise instructor. There were many things along the way that I didn't know about when I first started on this journey and had I realised, might have made other choices. If you are thinking of taking this route in your career, I hope my experience will help you on your journey.

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Enjoyed reading this book of someone else's journey to instructor level. Highlights potential pitfalls and costs, well worth reading prior to starting out.

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