



**COACH NAME**

**Aleasha Wallace**

**TYPE OF ACTIVITY**

**Clubbercise Fitness**

**LOCATION**

**Carlisle**

**COACHING DETAILS**

**Fitness coach and owner of 'Clubbercise Carlisle with Aleasha'**

*"Work with your own experience and passion and use it to help others - its fulfilling and rewarding. I go to class to play the music I love, dance to keep fit and have fun."*

# #PassOnYourPassion

**How long have you been coaching?**

I first started 'Clubbercise Carlisle with Aleasha' in November 2016. This was my first ever business and first time I'd ever instructed a dance class.

**How did you get into coaching?**

I had previously worked abroad as a dancer/singer in various countries and on cruises and had suffered with yo-yo weight loss/gain for the whole 9 years. In the last year of being away I changed my psychology my thought process to that of exercise bringing pleasure rather than pain and i finally stuck to



Clubbercise class

*Be part of it!*

it. Dancing, running an occasional HIIT workout plus healthy eating and a change in lifestyle rather than diet meant I could maintain my weight and I have to this day!

I hit that moment of 'I'm never going back to what I was' and I have always enjoyed dancing as a form of exercise. Having danced at Disneyland and in all kinds of shows overseas it was genuinely something I was very passionate about. Especially as now I felt



Then & Now

like the dancer I always wished I'd looked like all along. I went to a dance class and found myself helping with some of the choreography and thought to myself I am almost 30 I shouldn't be in the class why am I not teaching it. In the past I was always scared I wasn't good enough but after some recent cognitive behaviour therapy for anxiety and self-esteem issues from problems in my past i was now well equipped to have no fear and realise my potential.

I searched for companies where I could teach dance with what limited qualifications I had and found clubbercise. A dance fitness workout in the dark with glow sticks UV, disco lights and 90s club anthems. It was so right up my street. So I hit the button for the training course and the rest is history!

### **What do you enjoy most about coaching?**

I love clubbercise because its unique it's in the dark so it is brilliant for anyone who is apprehensive about exercise or uncoordinated. So I love teaching because I not only get to instruct dance classes but through my own experience and passion I can pass on my knowledge and inspire others to keep motivated to reach their goals. It not only helps people drop lbs, it's the social aspect where people come and make friends it's also time to de-stress, or an escapism from home, life or work. It's a unique activity and the energy created in classes has people leaving on a buzz every time. Not only that but to see people move from the back row to front row as their confidence rises is why I do what I do.

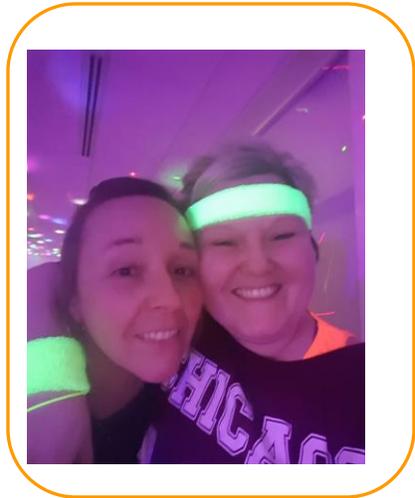
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### Why are you passionate about Coaching?

I love being able to do what I do, knowing it affects others and helps them to feel better about themselves and better their own lives whether that's mentally or physically.

### Do you have any tips that would help the next generation of female coaches?

Work with your own experience and passion and use it to help others as its fulfilling and rewarding.



Clubbercise is a social activity as well

It took a lot of experience for me to learn what I did in order to pass it all on to help other people - 28 years in fact, but if you work hard on yourself and do what you do best, the rest is easy. You shouldn't need to think of yourself as coaching someone else. I think of myself as inspiring and motivating but I don't teach with that intention. I just go to class to play the music I love, dance to keep fit and have fun. People see my energy and emulate it and get similar results, it makes you feel good and they then get that too. I didn't plan any of this when I started clubbercise. It all just happened. I just wanted a job where I got paid to dance every night and still live in the UK at home. Little did I know 7 months later I'd have gone from 2 classes a week to 7 sold out classes across Carlisle. With women losing up to 2 stone in just a few months! We also held a mass clubberthon at the Sands Centre in April 2017 which raised over £3000 for Carlisle Eden Mind.

*Be part of it!*