

### AMANDA

FITNESS (BCRPA FL)



I have been an aquatic fitness instructor for 10 years and have developed into a loud, "bossy", fun fitness leader. I love teaching a variety of classes to people with different abilities. Staying healthy and active is important to me as I have to keep up to my two young children. Hope to see you at the pool!

### ANGELA

FITNESS/REHAB (BKIN)



For 13 years I have enjoyed teaching a mixture of dryland and aquatic classes. My favorite is low impact! I walk on many of the different, diverse trails in our community. What's not to like about Campbell River. We have a playground in our backyard! Getting out and exploring all there is to do is what I LOVE!

### MEGHAN

FITNESS (BCRPA FL)



After working in aquatics over 16 Years, WATER is my sanctuary! I enjoy teaching patrons to excel while in an aquatic class. Campbell River is a beautiful place and I spend much leisure time running trails in the outdoors.

### DEANNA

FITNESS/REHAB (BKIN)



I have been at Strathcona Gardens since 2004. I teach a variety of classes, from Aquatic Arthritis to Mom and Me. We have a diverse line up of programming and enjoy that we have a good mixture of challenging and supportive class levels. What better place to Live than Campbell River. Exploring the outdoors is my passion!

### JODIE

FITNESS (BCRPA PT)



After working here for 23 years I still LOVE every class I teach, all for different reasons. I have experimented with many different outdoor activities, skydiving, ocean/lake swimming, trail riding and many more. I really like Campbell River because you are able to get to a trail to do a 3 hour hike and to a grocery store all in the same day!

### KIERSTEN (MAT LEAVE)

FITNESS/REHAB (BATE)



I'm excited to teach the pre/post natal aquatic fitness program. Outside of work I play soccer and enjoy outdoor activities with family & friends.

### KYLE

FITNESS/REHAB (CSEP) (CEP)



I have worked at Strathcona Gardens for a few months now but have been in this field for several years. The classes I enjoy teaching the most are the ones where everyone is participating and enjoying themselves. I aim to help individuals get back to the activities they love, through proper rehab and exercise. Last year, my family and I sold most of our belongings, packed up our SUV & moved across the country. We spend most of our time hiking, canoeing & camping which is why we love this area so much. The great outdoors!

### RHONDA

FITNESS (BCRPA FL)



As a regular instructor of shallow water classes since 1996, I enjoy encouraging participants to improve their cardio endurance and fitness levels. We are lucky to live in such a beautiful place, as we have rivers, lakes and the ocean surrounding us.