

*Amanda grew up an active individual. Playing every sport, running, swimming... and most anything you could think of. Upon University graduation she worked at the University of Waterloo - working with students and developing student engagement. Though much of her time at the University was in a mental capacity, she always found a way to add some active fitness component! In 2011 while still living in Ontario Amanda began to teach some fitness classes on the side of her regular day job. It wasn't until 2012, when her husband moved them to Yellowknife that she turned to fitness full-time! Over the past four years, Amanda has brought a number of active fitness programs to the Northwest Territories for both kids and adults. In this short time, Amanda has been awarded the Innovation Award from the NWT Recreation and parks Association for her work. She has been to 27 of the 33 communities in the NWT delivering these active program. (Not to worry - she plans to get to the remaining 6!) Amanda is excited to bring DANCEPL3Y to Northern Alberta and will continue to support communities in providing active, healthier lifestyles!*