



**AMANDA KOTEL**  
**Personal Trainer, Level II**

**Education**

- B. Sc Exercise Science - Concordia
- Level 1 Gymnastic Coach - OFG
- Dance Instructor - BADT

Amanda developed her love for athletics from a very young age. She became a competitive gymnast, and dancer, from the age of 8, and continued this into University. She also brings an extensive experience in swimming, and has instructed students for 7 years. With a passion for sports and fitness, she decided to take this to the next level by pursuing a degree in Exercise Science at Concordia. There she has majored in Athletic Therapy. She now combines her interest in health, and her understanding of the human body, to excel at personal training. This allows her to maximize results for her clients.

Her training routines include strength training, endurance (increasing VO2 Max), muscular endurance, flexibility, injury rehabilitation, and sports-specific fitness. Amanda is known for her congenial attitude, and ability to help her clients succeed at their personal goals.



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