



Amanda Woodtke

CanFitPro FIS, Schwinn Cycle, Certified Jumpstart Practitioner, Personal Trainer

Education:

- Can Fit Pro FIS
- MAT Jumpstart Certified
- MAT Internship – In progress
- RTS 1,2,3

Philosophy

During her role as a Fitness Coach at the TAC, Amanda came to realize the gym is where she wanted to be and began to visualize the career she could have. Inspired by those around her, that year Amanda became a boot camp instructor upon completion of her Can-Fit Pro FIS, followed by RTS 1, 2 & 3; a Schwinn Cycle certification and the MAT Jumpstart course. Amanda became a Certified Jumpstart Practitioner prior to facing one of her biggest challenges thus far: the MAT Internship.

As a trainer she strives to consider individual biomechanics and bases her exercise selection on the fact that no two clients are alike even if they are pursuing similar goals. Her passion is apparent in every session as she enthusiastically educates her clients to help set them up for long term success.



PERSONAL TRAINING

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