

## Amanda Begly

Hi! My name is Amanda Begly. I have been a Group Fitness Instructor for three years and a NASM Certified Personal Trainer for two years. I teach Total Pump, PiYo™, P90X™, Core de Force™, Country Heat™, Insanity™, and Boot Camp classes. I love the energy that comes from instructing live classes.

It's so much fun to teach class because each time it will be different. We have a wide range of people coming in and challenging themselves to make a difference in their own lives.

I'm a military spouse of 14 years. When I'm not instructing classes I am taking care of my nine year old who is an Autistic Hemophiliac that keeps me on my toes! He inspired me to exercise and get fit and that's how I found my passion. I want to encourage you to jump in and have fun in my classes and you will feel awesome!