

# Biography of Ali Frye

## Certifications

- Recreation and Sports Mgmt Diploma
- Zumba Instructor Certification
- ZIN Network
- BCRPA Fitness Theory
- High Five Certified



As a recent graduate from the Recreation & Sports Management program at Vancouver Island University, Ali decided to return to her hometown of Penticton to

pursue a career in the fitness industry. Having grown up involved in numerous sports and recreational activities such as karate, fieldhockey, rock climbing, hiking, dance, and swimming; she understands the numerous benefits that can be gained from staying active.

In addition to teaching a variety of Zumba and dance aerobics classes, Ali is also involved in running numerous youth programs for the city. She is dedicated to helping youth learn to incorporate recreation into their lifestyles and build healthy body images through education and self esteem building. Ali strongly believes that recreation is the key to living a healthy, balanced life, and that in order to keep motivated and be successful in your fitness goals, you must find something you love doing.