Julie Rossiter has a degree in Kinesiology and Health Sciences and has been involved in the fitness industry for over 20 years. She currently works as a high school physical and health education teacher, a Brainwave Optimization technician, and in the past at GoodLife as a group fitness instructor. Julie is a certified yoga instructor, first aid/CPR examiner, fitness instructor and personal trainer. She also has certifications in BodyFlow (yoga based), BodyVive (cardio and strength based), Sh’bam (dance based), JMBS (interval training), Schwinn (cycling), Flexi Sports, Resist-a-ball level one and Functional Movement Screening level one. Julie has worked with children her entire life with her first job as a gymnastics coach. She brings along an understanding of how and why we exercise along with a passion for fitness and a little fun while doing it. 😁