

Member of the Month: June

The stories behind some of the faces that form our Y community



Determination starts here.

Meet Amanda Quist

January of 2016, Amanda decided to change her life. It was a knee injury and the state of “poor me” that pushed her to alter her lifestyle and explore fitness at the Y. Her husband, Ian and children Ethan and Annika are her support and motivation. As Amanda says, “They have been my ‘why’”.

In April of 2016 she kick started her goals and made the decision to hire a personal trainer. Amanda explained, “Working with my trainer, I began to see what exactly my body was capable of, the motivation along with my determination has allowed me to achieve many personal bests”. Over the past year and a half, Amanda has lost 100lbs! Along with personal training, she enjoys doing classes and can be found doing her own workouts in our conditioning centre.

Amanda didn't stop there, she took part in our triathlon training and has raced in 3 triathlons with 2 more booked this year. Her commitment has worn off on her family members too! She tells us, “We have had many successes as a family. Ian just finished an Ironman 70.3, and both Ethan and Annika are competing in triathlons this summer as well”.

Amanda's dedication highlights how important personal growth is at our YMCA. She finishes by saying, “I know me changing my fitness has had an impact on my kids. As I turn 40 in July, I hope to continue to inspire my family and I can't wait to see what comes next for us”.

We'd like to thank Amanda for being a member of our community and for taking the time to share her inspiring story with us. We feel honoured that she was able to find determination here, and know she will continue to motivate and inspire those around her.

Building healthy communities