

Meet Jennie Queen

CALA Master Trainer



Jennie Queen, CALA Master Trainer & Executive Coach is an embodiment of her “**Live Your Legacy**” motto. She wholeheartedly embraces the philosophy, serving as a reminder to embrace authenticity in each moment while creating uplifting waves.

With 25 years of experience in the recreation industry, encompassing both fitness and aquatics, Jennie brings considerable leadership experience and insight into the operational elements in the business, with the client and employee-centric lens for optimal engagement, empowerment & performance.

Jennie's passion for inspiring others has taken her to the forefront of the field, where she now leverages her extensive background and credentials in her own coaching business, and in her career as a Portfolio Manager with the City of Ottawa.

Renowned for her brand of educational entertainment, Jennie Queen's energy, unwavering passion, and genuine authenticity infuse every fitness class, workshop, and facilitated session she leads. Continuously committed to growth and learning, she thrives on sharing her expertise with others, and creating a **legacy in leadership** community.



CALA | Master Trainer

- CALA (most streams)
- Pre/Post Natal Specialty Course (Master Trainer/Co-Author)
- Creator of Diaper Fit, Tethered Training & Aqua Thunder (drums)

Canfitpro (FIS), SPI (level 1), Diploma Recreation, Fitness & Leisure Studies, & Early Childhood Education

Certified Coach | life & success, executive leadership

- Certified in NLP Practitioner, Time Techniques, EFT & Hypnotherapy

