




DONITA POTTS

Aquatic Personal Trainer

CONTACT ME

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ON A PERSONAL NOTE

- Aquatic Group Fitness Instructor
- WaterART Certified
- Previously taught high/low impact land, sliding, drumming, indoor cycle, abdominal classes, kettlebells, and boot camp classes

FAVORITE MOTTO

- *"The water is your friend You don't have to fight with water, just share the same spirit as the water, and it will help you move." — Aleksandr Popov*



**Ascension
Genesys**
HEALTH CLUB

ABOUT ME

Donita has been at Ascension Genesys Health Club since 2016. Her love of exercise started in her 20's when her husband suggested they join a gym. It was the era of high impact land aerobics. She loved it and became addicted. Donita loved it so much that she began teaching. That was almost 40 years ago. In addition, Donita's true passion is helping her clients to love the water and to see the benefit it has to offer.

PROFESSIONAL EXPERIENCES & ACHIEVEMENTS

Donita is a certified Aquatic Personal Trainer, who is also certified by WaterART International for shallow and deep water exercise classes.

TESTIMONIAL

"I have worked with Donita in both deep water for 2 years and in small group settings. With her help I am gaining strength, my balance and confidence after a serious illness. She is a teacher and an encourager. One of her best qualities, besides her knowledge, is her caring enthusiasm." — Judy

DID YOU KNOW?

Water workouts are a fun way to focus on fitness in a gravity-reduced environment. The buoyancy of water is much easier on the body. Three weeks after my knee replacement, I was back to feeling amazing. In fact, thanks to the water, I had the same great recovery after my second knee replacement; the water heals!

