



Vinny Rojas, Fitness instructor

I have such wonderful memories of my years at PCHS. From being on school sports teams or joining clubs, I tried to be involved in as many extra-curricular activities as possible. Playing on the softball team is a favorite memory of mine.

Mr. Nathan was the coach and my English teacher, and he kept me in check. He encouraged me to stay in shape and is one of many reasons why I started my fitness journey.

Ms. Amar was the coolest science teacher! She sparked my interest in different systems in our body which lead me onto my path of being a fitness instructor. Those special teachers are what helped pave the way for my career in fitness.

Recently, my team and I won CBC's Canada's Ultimate Challenge, and we will be heading to the 2024 Paris Olympics to cheer on Team Canada!