

Meet Jaye Graham

CALA Trainer



Jaye Graham is the owner of "H2O Works Canada" since 2010. She has worked extensively with those having degenerative conditions, spinal cord injuries, stroke, frozen shoulder issues, surgeries such as hip and knee replacements, athletes and ageing individuals.



Jaye is a CALA, Trainer, Facilitator, and Assessor for Group Aqua Fitness, Water Running, and Healing Waters: Post Rehab. Her experiences also include being the lead instructor at the University of Guelph for their Water Rehabilitation program plus instructs a variety of aquafitness classes for the University and the City of Guelph. She is the recipient of the Woman of Distinction Award and is a Third-Degree Black Belt Sensei. Jaye is also enjoying her new Grandson.

