

# **AYANNA LEE-RIVEARS**

**Host | Dedicated Dancer | Mental Health Advocate**



**socacize**  
9.4k followers



**@socacize**  
1.7k followers



**Socacize Fitness Inc.**  
2.7k followers



Ayanna is a fitness instructor, performer and owner of Socacize Fitness – A Caribbean and African dance fitness program aimed to empower you to keep moving while burning up to 1000 calories.

As a native of Trinidad and Tobago, Ayanna was passionate about learning the dance styles practiced in that particular country. With a threshold of confidence, Ayanna ventured to Caribbean Folk Performers, where she was exposed to indigenous Caribbean, African and Modern Contemporary dance styles. During this time, she established a reputation as “Limbo Dancer Extraordinaire,” which has, in turn, led her to tour extensively in the USA, Virgin Islands, Asia, Canada and the Caribbean. She has also opened for Destiney’s Child with the Boom Tang Boys at Roy Thompson Hall.

After completing the Fitness Instructor Certified Program at Canadian Fitness Profession (Can-Fit-Pro), Ayanna started Socacize® to promote a fun way to exercise with a combination of dance moves and weight and strength training. She works closely with various fitness centres, corporate companies, recreation centres, schools, and dance companies. Ayanna currently conducts these spirited and energetic classes throughout the GTA and abroad.

Celebrating 11 years in a competitive industry, Ayanna is dedicated to showcasing dance fitness as an opportunity to motivate, educate and inspire the community leaving you feeling sexy, sultry and strong. Ayanna’s vision for the company is to incorporate her F.L.A.U.N.T philosophy: Feel good | Look good | Attitude | Unleash | Nice up yourself | Take time for you. This philosophy also addresses mental health issues by helping members exude a positive state of mind.

Ayanna has also developed the following programs: 2HR Bootcamp Jam with LIVE DJ, Socacize Kidz, Power personal training and Wine & tone fitness programs. Her business model provides an instructor program, social events, a rental studio and merchandise.

Ayanna holds a diploma in International Business, specializing in International Transportation and Logistics, from Seneca College. She is currently a member of the Board of Directors for Dance Immersion (a not-for-profit organization that produces, promotes and supports dancers and dances of the African Diaspora).

Alongside being a dedicated dancer, mental health advocate, and businesswoman - Ayanna is also a dynamic public speaker and is available for speaking and hosting engagements, corporate events, and performances.

**Appearance and Collaboration Inquiries**  
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