



Lawrence Parks & Recreation

P E R S O N A L T R A I N I N G

MEET OUR TRAINERS



RASHA ADHIMA is a NASM Certified Personal Trainer. She earned a Bachelor's in Science in Genetics from the University of Kansas. As a personal trainer, she is certified in Corrective Exercise and Group Fitness.

STEPHANIE FOGLESONG

has been a personal trainer since 2019. Certified by NASM, Stephanie is certified in Senior fitness and Fitness Nutrition. She is passionate about helping seniors maintain a healthy and active lifestyle.



MELANIE JOHNSON has been teaching fitness classes since 2004 and certified as a personal trainer since 2012, with specialty certifications in Pilates, Yoga, Kickboxing, Indoor Cycling, and Senior Fitness. She welcomes the opportunity to work with clients of any fitness level.

● Evenings ● Daytime ● Morning ● 30 min Sessions ● Weekends

BRANDON LAVERGNE is certified by The National Council for Certified Personal Trainers (NCCPT) and the International Sports Sciences Association (ISSA). Brandon specializes in strength training and functional mobility and has been training clients since 2022.



CARLO WASHINGTON is a trainer licensed by the National Council on Strength and Fitness. He is also a CPT through NASM (national academy of sports medicine), and has three years of experience with group fitness and personal training. Carlo specializes in functional, and strength and resistance training.



MAGGIE WAGNER has more than 20 years of education and experience as a health and fitness professional. Her focus is on core strength, balance, flexibility, as well as overall functional performance.



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and family! For more information,
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