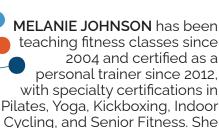


Lawrence Parks & Recreation PERSONAL TRAINING

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.



welcomes the opportunity to work with clients of any fitness level.





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.

