CERTIFIED PERSONAL TRAINERS



Christa Abramowicz – As a personal trainer and mother of three, Christa knows how hard it is to make time for physical fitness, but she also knows how important it is. Christa is certified through AFAA, and has been in the fitness industry for 16 years. She has come to truly enjoy being a part of helping others achieve their fitness goals. She says, "whether you're looking to get back into shape or just achieve wellness, I'm here for you."



Johanna Enders - Johanna received a trainer certification and primary aerobic certification through AFFA (Aerobics and Fitness Association of America). She has over 30 years of fitness experience. Johanna has developed an extensive clientele at Sportsplex and is always looking forward to helping new clients. Over the years, she has trained many people with a wide variety of specific goals as well as people with special needs, injuries, seniors and teens. Being over 50 herself, she believes there is no age limit on achieving a healthy lifestyle and fitness growth.



Adam Hoornaert - Adam became a Certified Personal Trainer in November of 2011 through the American Sports and Fitness Association (ASFA). He has an extensive background in Athletics as having played College and Independent Minor League Baseball. While doing two internships during college at sports performance facilities, Adam would design various workout routines for the athletic programs. Additionally, Adam has intensified his personal training techniques by working out with firemen through their exercise drills. Adam believes with proper dedication and goals, anybody can achieve full fitness potential.



Kelly Kenny - Kelly has been training since 2005 and teaching group fitness for 8 years. She has always loved working out, which led her to decide and become an instructor. Her biggest pet peeve is seeing people work out with bad or poor form. This encouraged her to study to receive her fitness certification so that she can guide others thru proper exercise to get the best results. The hardest part about "training" is that her job is just part of the equation... the rest is up to the client. She believes fitness is a life-style and if you put motivation, dedication and time into it, the benefits are endless.

Laura Mulhall – Laura has been a personal trainer for 12 years. She was the Superintendent of Fitness for 3 years at LanOak Park District. Nine years ago, Laura joined the Sportsplex fitness team. She spends many hours at the Sportsplex training and improving people's health and fitness. Laura trains multiple levels and ages. Her philosophy is a healthy lifestyle, make small goals for yourself, and feel good about yourself & your workout program.



Terri Randolph - Being an avid exerciser, Terri's inspiration to become a trainer came from her own personal trainer. She left a longtime management position to attend the National Personal Training Institute and become certified as a personal trainer and nutritionist. Terri has continued her education as a group fitness instructor, a Pilates mat & equipment instructor, and a yogafit instructor. She enjoys seeing clients reach their goals and knowing the efforts of their hard work are well worth it.



Wendy Rosinski - Being a mother of three, Wendy knows it is difficult to find time to keep in shape. However, in her own personal experience, she realized that by putting in the time and effort at the Sportsplex made her look and feel great! This feeling is why she decided to become a personal trainer. In 2011, Wendy became a certified personal trainer through WITS. Wendy states, "As a personal trainer, I want to find what a person's goals are and design a program that works for that individual. In the end I want my clients to enjoy working out and make fitness a way of life".



Joe Stewart - Joe has been certified by the National Academy of Sports Medicine as a personal trainer since May 2004, and holds a Master's Degree in Secondary Education from the University of St. Francis, as of 2005. Joe is committed to the approach of life-long fitness, on an individual basis. He is passionate about teaching his clients the importance of committing to a personalized program – highlighting the essentials of good nutritional habits and a quality fitness regimen, both in form and function. As a previous natural bodybuilder competitor, Joe knows the importance of goal setting and working hard to gain a desired outcome. If you are eager to create new fitness goals and willing to work hard to achieve them, then ask for Joe to design a customized program, coaching you into producing positive results.