

Pilates Personal Trainers



Deborah Graham Geghen - Deborah is the Fitness Manager for the Village of Orland Park. Deborah's background includes a Bachelor's in Exercise Science and Master's in Kinesiology and countless certifications in Group Exercise, Yoga, Pilates and Personal Training. She decided to get into Pilates when she was getting her Master's Degree. She had extreme back pain and found out she had bulging discs in her lower back. After taking Pilates equipment lessons from a studio downtown, she began to experience some relief from her back pain and believed this was the answer. She continued to train and soon became certified in Pilates. Deborah's certification and experience has allowed her to teach on all Pilates Equipment (mat, reformer, chair, ladder/ barrel and Cadillac). Her passion is the Pilates program she started at the Sportsplex over 10 years ago. She loves when people see results and changes with their exercise program.



Heather Barrett - Heather started practicing Pilates over 18 years ago to help with her back problems. Pilates gave her more core strength and help to become more flexible, which really helped alleviate her back pain. Heather became certified as a Pilates instructor thru Peak Pilates on Reformer and Mat. She then went on to obtain a compressive certification thru The Physical Mind Institute. This allowed her to teach on all Pilates equipment (mat, reformer, chair, ladder/barrel and tower). She loves teaching as much as doing Pilates. Her enthusiasm for Pilates has helped her teach others the benefits of these exercises, which has helped many people feel better and stronger through the Pilates programs offered at Sportsplex. In addition to her Pilates certifications, she also holds a certification to teach Fly Yoga which is also offered at the Sportsplex.



Terri Randolph - Already being a personal trainer, when Terri saw the reformers at the Sportsplex, she had to know how they worked. She signed up for classes and started to notice the improvement in her breathing and the difference in how she felt. Terri was hooked, and knew she had to share the experience with others. Terry received her certification to become a Pilates instructor thru Peak Pilates Reformer and Mat, and The Physical Mind Institute. Terry is also certified to trained to teach on all Pilates equipment.