

STACY STANFORD

PERSONAL TRAINER



STACY HAS ALWAYS LED AN ACTIVE LIFESTYLE AND ENJOYED FITNESS. AFTER HAVING HER FIRST BABY IN 2007 SHE TOOK HER WORKOUTS TO THE NEXT LEVEL WHEN SHE HIRED A PERSONAL TRAINER TO SHOW HER AROUND THE WEIGHT ROOM AND TEACH HER PROPER FORM. IT WAS LIFE CHANGING FOR HER AS SHE FELL IN LOVE WITH STRENGTH TRAINING. NOT ONLY DID IT TRANSFORM HER PHYSICALLY, BUT ALSO MENTALLY.

STACY HAS BEEN TEACHING GROUP FITNESS CLASSES SINCE 2010. SHE ENJOYS SHARING HER LOVE FOR FITNESS IN A GROUP SETTING AND MOST RECENTLY BECAME A CERTIFIED PERSONAL TRAINER SO THAT SHE CAN HELP MOTIVATE, EMPOWER AND INSPIRE CLIENTS ON A MORE PERSONAL LEVEL.

IT IS STACY'S GOAL TO NOT ONLY INSPIRE OTHERS TO REACH THEIR FITNESS GOALS, BUT TO ALSO HELP CLIENTS FEEL CONFIDENT IN THE GYM AND IN THEIR DAY TO DAY LIFE. WE CAN ALL ACHIEVE GREAT THINGS IF WE JUST LET GO OF OUR LIMITATIONS AND ALWAYS STRIVE FOR EXCELLENCE!

STACY JOINED THE WORKMAN SPORTS COMPLEX TEAM IN 2019 AS THE FITNESS COORDINATOR, PLUS SHE TEACHES GROUP FITNESS CLASSES HERE AT WSC.

HOLLY SIGRIST

PERSONAL TRAINER

Accepting New Clients



HOLLY'S WEIGHT LOSS JOURNEY BEGAN MANY YEARS AGO WHEN SHE REALIZED THAT SHE NEEDED TO LOSE WEIGHT FOR HER HEALTH. OVER THE PAST 11 YEARS, HOLLY HAS LOST 90 POUNDS. SHE HAS LEARNED A LOT ALONG THE JOURNEY. HOLLY LEARNED THAT, NOT ONLY EXERCISE, BUT ALSO PROPER EATING COMES INTO PLAY WHEN LOSING WEIGHT. HOLLY NEVER CONSIDERED HERSELF TO BE "DIETING", BUT RATHER SHE WANTED TO LEARN HOW TO LIVE A HEALTHY LIFESTYLE.... FOREVER. IN 2019, HOLLY REALIZED THAT SHE WANTED TO BE ABLE TO HELP OTHERS LOSE WEIGHT AND FEEL BETTER, THAT IS WHEN SHE CHOSE TO STUDY TO BECOME A PERSONAL TRAINER. IN NOVEMBER 2019, HOLLY BECAME A NASM CERTIFIED PERSONAL TRAINER. WITH HER 6-YEAR TRANSFORMATION, HOLLY HAS LEARNED THE SECRET TO HELP OTHERS DO THE SAME. AND SHE WOULD LIKE TO SHARE THAT SECRET WITH YOU.

TO SCHEDULE AN APPOINTMENT WITH HOLLY, EMAIL SSTANFORD@WORKMANSPORTSCOMPLEX.COM TO SET UP YOUR APPOINTMENT TODAY!

JD

NOLL

**PERSONAL
TRAINER**

**Accepting
New Clients**



**JD IS AN ISSA CERTIFIED FITNESS TRAINER, CPR/AED/FIRST AID
CERTIFIED WITH 20+ YEARS OF EXPERIENCE IN FITNESS RELATED
TRAINING**

**JD'S SPECIALITIES INCLUDE: FITNESS TRAINING, WEIGHT LOSS &
NUTRITIONAL/MEAL PLANNING, STRENGTH TRAINING, MUSCLE GAIN,
CARDIO ACCELERATION**

**GETTING TO KNOW JD: GROWING UP I WAS INVOLVED IN MANY SPORTS
AND FITNESS RELATED ACTIVITIES AND I KNOW THAT TO LEARN AND
ACHIEVE CERTAIN GOALS YOU HAVE TO HAVE FUN DOING WHAT YOU
ARE DOING. MY GOAL IS TO CREATE A POSITIVE AND FUN EXPERIENCE
FOR CLIENTS, AS WELL AS USE MY KNOWLEDGE AND EXPERIENCE TO
HELP CLIENTS ACHIEVE THEIR GOALS.**

**TO SCHEDULE AN APPOINTMENT WITH JD, EMAIL
SSTANFORD@WORKMANSPORTSCOMPLEX.COM TO SET UP YOUR
APPOINTMENT TODAY!**

MAKAYLA WALSH

PERSONAL TRAINER

Accepting New Clients



MY NAME IS MAKAYLA WALSH AND I AM AN EX-COLLEGIATE SOFTBALL PLAYER. I'VE PLAYED ALL TYPES OF SPORTS FROM A YOUNG AGE UP UNTIL 22 COMPETITIVELY. I WENT TO PARKLAND COLLEGE AND ONTO UNIVERSITY OF ILLINOIS AT SPRINGFIELD TO PLAY SOFTBALL. I COULDN'T IMAGINE MY LIFE WITHOUT BEING BUSY, SO I AM CURRENTLY A SOFTBALL COACH AS WELL FOR ST. ANTHONY. I HAVE RECEIVED TOP TRAINING FROM HIGH SCHOOL INTO COLLEGE AND REALIZED HOW IMPORTANT STRENGTH TRAINING IS AT SUCH A YOUNG AGE. ALONG WITH TOP TRAINING, I TOOK VARIOUS NUTRITION CLASSES TO BECOME KNOWLEDGEABLE IN LIVING A HEALTHY LIFESTYLE. COMBINED WITH PHYSICAL ACTIVITY, YOUR DIET CAN HELP YOU TO REACH AND MAINTAIN A HEALTHY WEIGHT, REDUCE YOUR RISK OF CHRONIC DISEASES (LIKE HEART DISEASE AND CANCER), AND PROMOTE YOUR OVERALL HEALTH. I HAVE SUCH A PASSION FOR HELPING OTHERS AND BECOMING THE BEST VERSION OF THEMSELVES ESPECIALLY ATHLETES. I AM A ISSA CERTIFIED FITNESS TRAINER AND I'M EXCITED TO HELP YOU OUT TODAY!

TO SCHEDULE AN APPOINTMENT WITH MAKAYLA, EMAIL
SSTANFORD@WORKMANSPORTSCOMPLEX.COM TO SET UP YOUR
APPOINTMENT TODAY!

**THERESA
WILLENBORG**

**PERSONAL
TRAINER**

**ACCEPTING
CLIENTS**



THERESA WAS BORN AND RAISED IN CHAMPAIGN, IL. AFTER COLLEGE SHE LIVED IN BOSTON, NY, CHICAGO AND SETTLED IN EFFINGHAM TO RAISE A FAMILY AND START A BUSINESS. SHE IS THE MOM OF THREE OUTSTANDING YOUNG ADULTS. ALWAYS LEADING AN ATHLETIC LIFESTYLE, THERESA HAS BEEN A CERTIFIED FITNESS INSTRUCTOR, TEACHING GROUP FITNESS FOR OVER 30 YEARS. SHE EXCELS IN BUILDING AND MAINTAINING RELATIONSHIPS. SHE LOVES WHEN OTHERS FEEL THEIR BEST AND FINDS IT REWARDING TO MOTIVE OTHERS. THERESA'S MOTHER HAD PARKINSON'S, WHICH LEAD HER TO GETTING CERTIFIED AS A ROCK STEADY BOXING COACH WHILE WORKING WITH MY MEMORY WORKS CENTER AND WORKMAN'S SPORTS COMPLEX. THERESA'S HELD CERTIFICATIONS IN PILATES, YOGA, SPIN AND BARRE.

KATRINA DETERS

PERSONAL TRAINER

ACCEPTING CLIENTS



KATRINA IS A NATIVE TEUTOPOLIS WOODEN SHOE. SHE PLAYED SOFTBALL AND BASKETBALL THROUGHOUT HER HIGH SCHOOL CAREER, WHERE SHE EARNED A DIVISION 1 SCHOLARSHIP TO PLAY FOR SOUTHERN ILLINOIS UNIVERSITY OF CARBONDALE FOR BASKETBALL. THIS IS WHERE SHE GREW KNOWLEDGE AND PASSION FOR FITNESS AND LEARNED WITH THE PROPER TRAINING YOU CAN ACCOMPLISH ANY OF YOUR GOALS. SHE IS A NATIONAL ACADEMY OF SPORTS MEDICINE (NASM) CERTIFIED PERSONAL TRAINER AND CORRECTIVE EXERCISE SPECIALIST SINCE 2012. SHE LOVES HELPING OTHERS ACCOMPLISH THEIR FITNESS GOALS. SHE WENT BACK TO SCHOOL TO BE A LICENSED PHYSICAL THERAPIST ASSISTANT AT SIUC AND IS STILL CURRENTLY WORKING AS A PTA. WITH HER THERAPY BACKGROUND SHE CAN HELP WITH SAFE STRETCHING AND APPROPRIATE STRENGTHENING EXERCISES WITH CONSIDERATION OF ANY CURRENT OR PAST INJURIES. SHE ALSO HAS EXPERIENCE IN SPORTS TRAINING AND WOULD LOVE TO HELP WITH YOUR FUTURE GOALS WHETHER IT BE TRAINING FOR YOUR FIRST LONG DISTANCE RACE OR PREPARING TO PLAY A RECREATIONAL SPORT OF INTEREST. KATRINA IS VERY EXCITED TO HELP MEET YOUR FITNESS GOALS!