

CERTIFIED PERSONAL TRAINERS



Christa Abramowicz – As a personal trainer and mother of four, 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 18 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. In addition to his certification, Adam holds a degree in Exercise, Sports/Recreation Studies. 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 10 years. She has always loved working out, which led her to decide to 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 17 years. She was the Superintendent of Fitness for 3 years at LanOak Park District. 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.



John Olson - John has over 7 years of experience in the sports & recreation industry, as well as 20-plus years of weightlifting and fitness knowledge. While attending the University of Illinois at Urbana-Champaign, John spent his tenure there as personal trainer and facility manager for the University Department of Campus Recreation. During his time in Champaign, he also personal trained at the local racquetball & tennis club. After graduation John became the Wellness Director at the Kishwaukee YMCA, and most recently joined the Sportsplex team. Through his experiences, John has developed a knack for helping people diagnose and achieve their health & exercise goals. He is passionate about fitness, and looks forward to sharing his passion and knowledge with you. John believes “Fitness is not about being better than someone else, it’s about being better than you used to be.”



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.