

PERSONAL TRAINING

**REGISTRATION
OPENS 10/13**

Personal Trainer



DYLAN GROSPITCH

YEAR:
Sophomore

MAJOR:
Sociology

AVAILABILITY:

Tuesday: 3:00-10:00pm
Wednesday: 3:00-10:00pm
Thursday: 3:00-10:00pm
Friday: 3:00-10:00pm

BIO:

My focus will be on mobility, stability and hypertrophy.

We will create and support a healthy and active lifestyle.

FITNESS PHILOSOPHY:

If it is important to you, you will find a way. If not, you'll find an excuse.

Personal Trainer



**DANIELLE
WELBORN**

YEAR:
Senior

MAJOR:
Kinesiology:
Exercise Science
and
Rehabilitation

CERTIFICATIONS:

Functional
Movement Screen

Function
Movement
Training:
Mobility
Specialist

AVAILABILITY:

Monday: 3:00pm-6:00pm

Wednesday: 3:00pm-6:00pm

BIO:

I am a former collegiate volleyball player and am current a Student Assistant Coach with the Washburn Volleyball Team.

I enjoy building mobility and stability in all different types of people. I can help to set fitness goals both inside and outside the gym.

FITNESS PHILOSOPHY:

Engaging, educating and empowering clients for successful lifelong habits.

Personal Trainer



MADDY HUTLEY

YEAR:

Sophomore

MAJOR:

Kinesiology -
Health and Fitness
Promotion

MINOR:

Psychology

CERTIFICATION:

NASM Personal
Training
Certification: In
Progress

AVAILABILITY:

TBD

BIO:

I am a player on the Washburn Women's Basketball team and have been involved in a fitness setting for over 6 years.

I will help you navigate your fitness journey through specialized workout programs that are made specifically for you and your individual needs/goals.

I enjoy all types of fitness but have a passion for strength training and HIIT workouts.

FITNESS PHILOSOPHY:

My goal is to help you improve your mental and physical health through fitness, as well as your confidence, and ultimately your quality of life.

Personal Trainer



**LAUREN
CASSADAY**

YEAR:

Sophomore

MAJOR:

Kinesiology -
Health and Fitness
Promotions

AVAILABILITY:

TBD

BIO:

I am a collegiate athlete for the Washburn's Women's Basketball team and involve fitness in my everyday life.

I enjoy all aspects of fitness but focus mainly on strength training. I use working out as a way to train not only the physical aspects of myself, but the mental aspects as well.

FITNESS PHILOSOPHY:

Today do what others wont, so tomorrow you can do what others cant.

HOW TO REGISTER:

Its as easy as 1,2,3!

1. Go to the SRWC Front Desk or the desk in the Fitness Loft
2. Ask our staff to help you register
3. Pick a trainer and set up meeting times

**We want to help you
achieve your fitness goals!**

