

# LCRC FITNESS CENTER



## PERSONAL TRAINER Raegan Ferrington

**Raegan Ferrington is our new personal trainer at our fitness center and she is also a member at the club.**

**Raegan's degree is in Exercise Science and she has five years experience training all ages, abilities, and body types.**

**Whatever your fitness level, Raegan is here to help you reach your goals through strength training, cardiovascular conditioning, and stretching!**

**We have had many requests for exercise and aerobics classes and we are working to get that started for you as well!**

**Please contact Raegan at [elzbthraeg@aol.com](mailto:elzbthraeg@aol.com) or 532-2336 for prices and appointments for your personal training sessions.**