



## **FitCamp<sup>®</sup> Personal Training Coordinator** **Anasha Skannal**

Come and join the fun at **The Welstone At Mission Crossing!** There's always an exciting activity or event taking place, providing residents with an active and enjoyable lifestyle. From exercise classes and card games to crafts, educational presentations and live entertainment, there's never a dull moment.

**Meet Anasha Skannal CFT, CET, SFN, our FitCamp<sup>®</sup> Personal Training Coordinator.** Anasha has enjoyed fitness all of her life, starting with competitive gymnastics until 18, then a Track and Field Scholarship at Wichita State University. She is a Certified Fitness Trainer, a Specialist in Fitness Nutrition, Exercise Therapy and Senior Fitness. Anasha enjoys movie and dinner nights with her husband, traveling, and spending time with her family and dog, Bear.



**913.671.2627**  
**TheWelstone.com**

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Active Independent Living