

# MEET THE FITNESS TEAM



**Hello!**

I am Donna Foust  
The Fitness Manager

## CONTACT INFO

You can reach out to me for  
any questions through email:

[donna.a.foust@nasa.gov](mailto:donna.a.foust@nasa.gov)

## ABOUT ME

I am a highly competent and enthusiastic personal trainer and fitness instructor with a proven ability to help people achieve their fitness goals. I am certified in CPR/AED Adult/Child/Infant; Les Mills Body Pump Instructor; Les Mills Sprint; NAFTA Group Exercise Certified and NAFTA Power Cycle Certification.

