

This #ThankfulThursday, we meet the newest addition to the recreation team in Sienna: Kayla Ashworth!

Kayla has recently been named as the Assistant Director at Brushy Lake Fitness Center. This week is her first week working in Sienna!

Kayla is a native of Katy and a graduate of Texas State University. Favorite pastimes? Volleyball! Kayla played competitive volleyball for 8 years, including one year in college. How about current hobbies? Well, Kayla now competes in NPC Bikini Bodybuilding competitions!

We wanted to know, who does Kayla most admire: "I look up to my mom as a role model in my life because of her positive mindset and genuine heart. Her selflessness is contagious, and I know she is someone I can always turn to in a time of need."

We assumed we knew the answer to this one (we were right in our assumption), but we asked anyways...what is her favorite "spot" in Sienna (so far!)? "Brushy Fitness Center! I love getting in a good workout before I start my day."

When we asked what she is most excited about in her new position with Sienna, we were excited to hear her response: "I am most excited about getting to know the residents of Sienna and sharing my passion for health and wellness with the community."

Its readily apparent that Kayla will be bringing a high-level passion for health and fitness to Brushy and the residents of Sienna, and we can't wait for everyone to get over to meet her.

To schedule a time to discuss your fitness goals, email Kayla at: kayla@risherco.com!

Kayla, we're so excited to have you join our team here in Sienna. We think you're going to love it here as much as we're going to love having you as a part of our crew.

#ThankfulThursday