



INTRODUCING

# Kareena Macasaet

## Group Fitness Instructor



Kareena is an ACE certified group fitness instructor and is CPR/First Aid Certified. Prior to Sweat Like a Mother (S.L.A.M.), she has been a Filipino cultural dance instructor since 2001. Kareena is a mother of three children and has been a dedicated fan of S.L.A.M. since taking her first class after moving from Virginia to Germany in 2023. S.L.A.M. has been a joyful part of Kareena's motherhood journey and loves building the community of S.L.A.M. Stuttgart. Kareena is thrilled to bring women in all stages of motherhood together through fitness.

## EDUCATION & CERTIFICATIONS

- American Council on Exercise (ACE) - Certified Group Fitness Instructor
- CPR/First Aid certified



Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

[stuttgart.armymwr.com](http://stuttgart.armymwr.com)