

# Employee SPOTLIGHT



## Trista Carlson CAC Massage Therapist

Trista Carlson, our talented licensed massage therapist, grew up in Iowa City, where her passion for helping others took root. During high school, she broadened her horizons as a foreign exchange student in Florence, Italy, sparking a lifelong love of culture. Trista earned a degree in linguistics from the University of Iowa & established a thriving body work business before moving to Saint Louis after meeting her husband, Stan Angelov, a tennis enthusiast and long-time Chesterfield Athletic Club member. The couple shares their life with their vibrant 2.5-year-old, often spotted in the club's tot drop. Trista enjoys playing pickleball and helping members feel their pain-free best selves.

Experience the radiant energy of Trista, a licensed massage therapist since 2012 whose joyful personality transforms every session. Feel rejuvenated, relaxed, and light on your feet as she tailors each treatment to your unique needs. Your well-being awaits!



CHESTERFIELD  
ATHLETIC CLUB