

Personal Training



Karin Brown

Education:
B.A. Physical Education &
B.A. (Honors) Exercise Science

Certifications:
NASM—Certified Personal
Trainer
USA—Certified Swim Coach

Areas of Expertise:
General Conditioning
Strength Training
Weight Loss
Sport Specific Conditioning
& Training



John Cargill

Certifications:
NASM—Certified Personal
Trainer
NCSF—Certified Personal
Trainer
AFAA—Primary Group
Exercise Instructor

Areas of Expertise:
Endurance Conditioning
Strength Training
General Conditioning
Cycling



Jeremiah Johnson

Education:
Illinois State University,
B.S. Exercise Science

Certifications:
ACE—Certified Personal
Trainer
AFAA—Primary Group
Exercise Instructor
NSCA—Certified Strength and
Conditioning Specialist

Areas of Expertise:
Sports Specific Conditioning
Weight Loss Management
Body Building



Sam Stevens

Certifications:
ACE—Certified Personal
Trainer
AFAA—Primary Group
Exercise Instructor
SilverSneakers—Group
Exercise Instructor

Areas of Expertise:
General Conditioning
Sports Specific Conditioning
Weight Loss Management



Personal Training

Work with a Certified Personal Trainer who will design a program specifically to meet your needs and goals. We can help with weight loss, muscular and cardiovascular strength and endurance, sport specific training, body building, and/or overall improvement of health and well being!

INDIVIDUAL PERSONAL TRAINING	
1 SESSION:	\$42
3 SESSIONS:	\$110
6 SESSIONS:	\$189

BUDDY TRAINING	
1 SESSION:	\$37pp
3 SESSIONS:	\$95pp
6 SESSIONS:	\$158pp

FREE ASSESSMENT WITH PERSONAL TRAINING SESSION!

For more information, contact the Field House Sports & Fitness Center at 847-782-3300.

