

Meet Our Personal Trainers

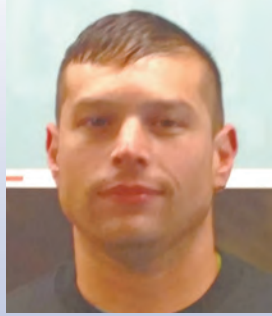


Jeremiah Johnson
MO-FR After 9am
Weekends by appointment

Education:
B.S. Exercise Science

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

Areas of Expertise:
Sport-Specific Conditioning
Weight Loss Management
Body Building



John Castillo
MO-FR After 4pm
Weekends by appointment

Certifications:
AFAA-Certified Personal Trainer
MFT- Army Master Fitness Trainer

Bios
MMA/Self Defense Training
for the Troops

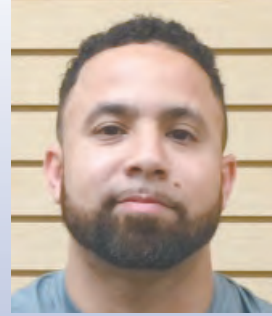
Areas of Expertise:
Strength Training
Group Training
Weight Loss
High Intensity Training
Combative/Boxing Style Cardio



Margaret Jackson-Brown
MO-FR 5am-4pm

Certifications:
AFAA- Certified Personal Trainers
AFAA- Primary Group Exercise
Instructor
Keiser M3 Indoor Cycle
NETA Pilates Mat Specialty
SilverSneaker

Areas of Expertise:
Core & General Conditioning
Strength Training
Weight Loss
High Intensity Interval Training



Randi Dey
TU 8am-12pm
TH 8am-12pm
FR-SA by appointment

Certifications:
ACSM Certified

Areas of Expertise:
Sport-Specific Conditioning
Hypertrophy
Weight Loss Management
Toning & Sculpting



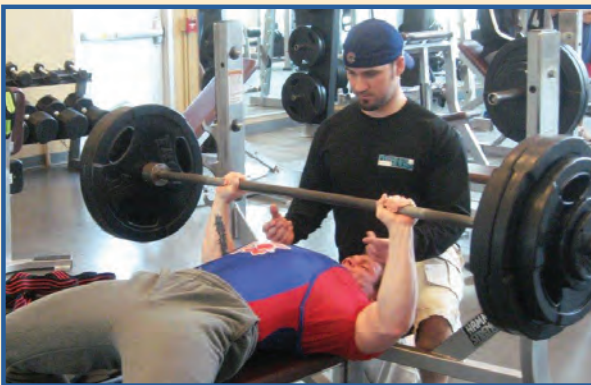
Kristy Nichols
MO-FR 10-11:30am, 5-7pm
Weekends by appointment

Certifications:
AFAA Certified

Areas of Expertise:
Strength Training
Interval Training
Weight Loss
Healthy Lifestyle Integration
TRX Training

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!



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



INDIVIDUAL PERSONAL TRAINING

ONE HOUR	
1 SESSION:	\$45
3 SESSIONS:	\$115
6 SESSIONS:	\$199

BUDDY TRAINING

ONE HOUR	
1 SESSION:	\$37pp
3 SESSIONS:	\$95pp
6 SESSIONS:	\$159pp

INDIVIDUAL PERSONAL TRAINING

30 MINUTES	
4 SESSIONS:	\$100
8 SESSIONS:	\$160
12 SESSIONS:	\$220

BUDDY TRAINING

45 MINUTES	
4 SESSIONS:	\$85
8 SESSIONS:	\$140
12 SESSIONS:	\$189

HIGH INTENSITY SMALL GROUP TRAINING

Times vary depending on groups
30 MINUTES
\$10pp with a minimum of four people

This new program features high intensity exercises implementing sled pulls and pushes, tire flips, kettlebells, running, jumping, squatting, pressing, lunging, lifting and sweating! This workout will leave you breathless, but the result will be a stronger, slimmer and fitter YOU! For more information, or if you have four or more people and want to arrange a time that is not listed, call Lamar at 847-782-3624.