

Aimee Weber

Professional Qualifications:

- B.S. Movement Science and Nutrition:
 - University of Illinois Chicago, Chicago IL
- Certified Health and Fitness Instructor:
 - ACSM (American College of Sports Medicine)

Professional Specialty:

- Sports Conditioning
- Pre/Post Natal Training
- Weight Loss
- Strength Training



Lake Forest Health & Fitness Center

Personal Trainers