

# Amanda Blonien

*Wellness Coordinator*

## Professional Qualifications:

- B.S. Exercise Science
  - Marquette University, Milwaukee, WI
- Certified Health and Fitness Specialist:
  - ACSM (American College of Sports Medicine)

## Professional Specialty:

- Cardiac Rehabilitation
- Pulmonary Rehabilitation
- Pre/Post Natal Training
- Strength Training



Lake Forest Health & Fitness Center

## Personal Trainers

