

Amy Kessler

Lead Trainer

Professional Qualifications:

- B.S. Physical Education:
 - Illinois State University, Normal IL
- Certified Personal Trainer:
 - NSCA (National Strength Conditioning Association)
- Special Populations Certification
 - Cooper Institute
- Certified Aqua / P.A.C.E. Instructor
 - Arthritis Foundation

Professional Specialty:

- Sports Conditioning
- Pre/Post Natal Training
- Post Rehabilitation Conditioning
- Osteoporosis and Arthritis Conditioning



Lake Forest Health & Fitness Center

Personal Trainers

