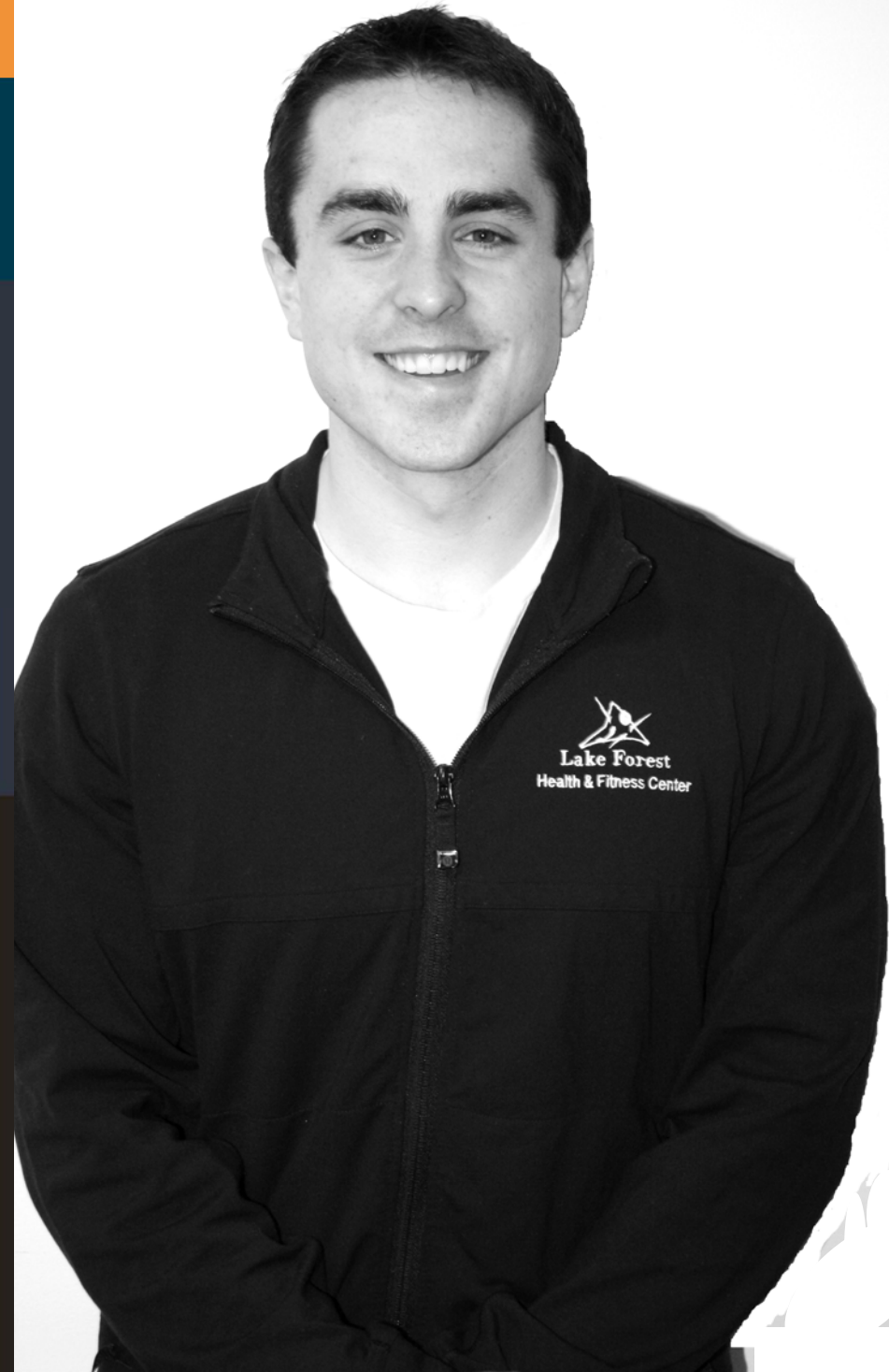


Ethan Townsend

Personal Training Manager

Professional Qualifications:

- B.S. Health and Exercise Science:
 - Concentration - Health Promotion, Colorado State University, Fort Collins CO
- Certified Personal Trainer:
 - ACSM (American College of Sports Medicine)
- Certified Cancer Exercise Specialist:
 - ACSM (American College of Sports Medicine)



Lake Forest Health & Fitness Center

Fitness Management