

# Kristina Wrezel

*Fitness Manager*

## Professional Qualifications:

- B.S in Kinesiology:
  - Concentration: Exercise Science
  - Minor: Management
  - Western Illinois University, Macomb IL
- Certified Personal Trainer:
  - NSCA (National Strength Conditioning Association)
- AED/CPR Certified

## Professional Specialty:

- Core Training
- Weight Loss
- Strength Training



Lake Forest Health & Fitness Center

# Fitness Management

