

# Emily Chrisman

## Professional Qualifications:

- B.S in Kinesiology:
  - Iowa State University, Ames IA
- Certified Personal Trainer
  - AFAA (Aerobics and Fitness Association of America)

## Professional Specialty:

- Strength Training
- Functional Training
- Weight Loss
- Circuit Training



Lake Forest Health & Fitness Center

# Fitness Floor