

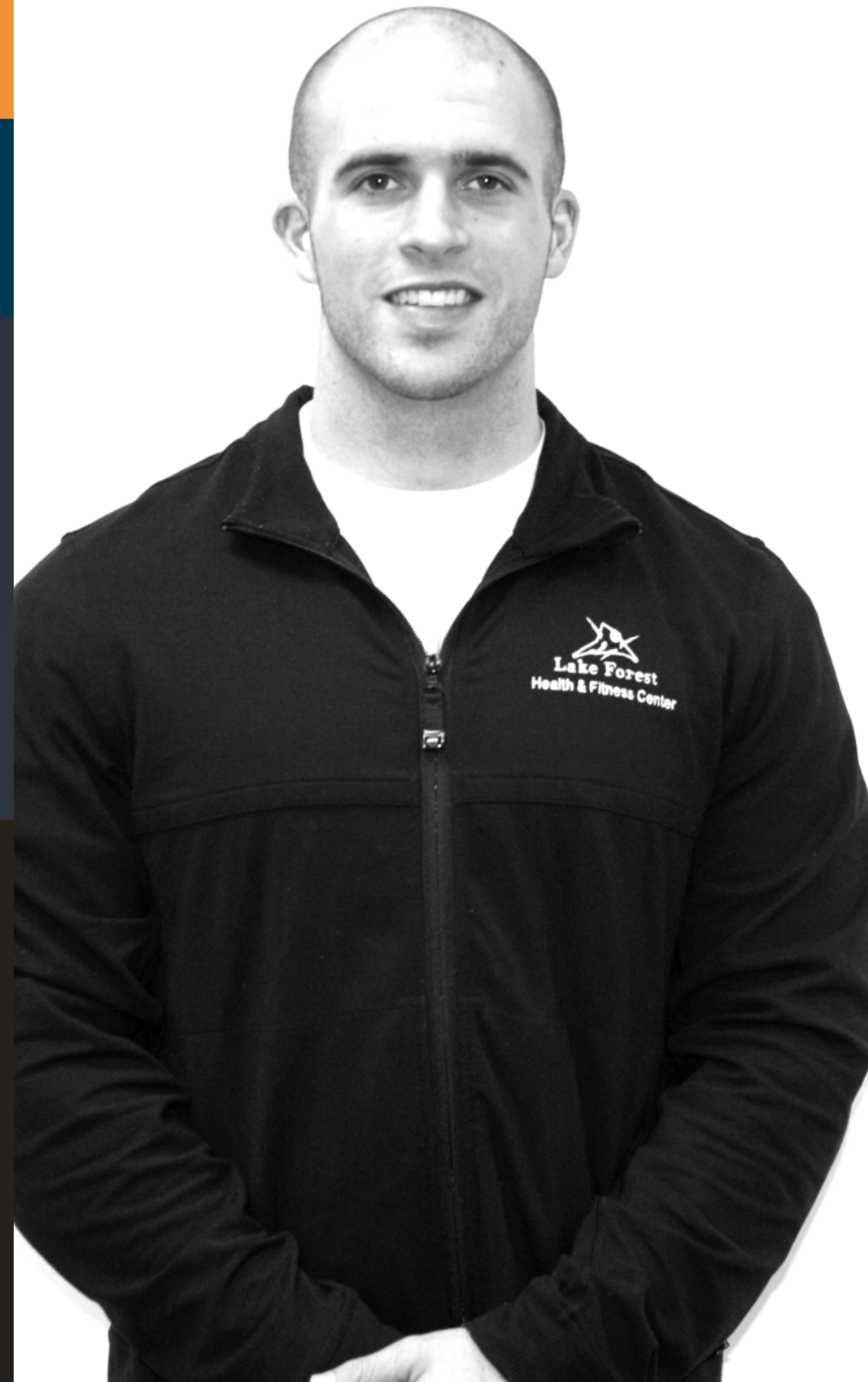
# John Eggan

## Professional Qualifications:

- Certified Personal Trainer:
  - NSCA (National Strength Conditioning Association)

## Professional Specialty:

- Weight Loss
- Strength Conditioning
- Body Building Training
- High Intensity Training



Lake Forest Health & Fitness Center

## Personal Trainers