

FITNESS CENTER PERSONAL TRAINERS

Chris Dagley



Chris holds a Bachelor of Science in Kinesiology and is a NASM certified personal trainer. He has been a personal trainer for over 11 years specializing in weight loss and body transformation. He enjoys helping clients develop healthy habits to make permanent changes to their lifestyle. When not in the gym you can find Chris enjoying the outdoors; biking, hiking, kayaking, or playing sports. He is a diehard Chicago sports fan and follows them all year long.

Bob Davis



Bob has been assisting members of the Community House Fitness Center in reaching their fitness goals since 2001. Bob enjoys working with seniors and teens as well as those with special needs including rehabilitation. Helping those in the gym complements Bob's career in sports media that has taken him to multiple NFL Superbowls, and the NCAA Basketball Final Four. Bob has been certified through the International Sports Science Association.

Dolores Ohlwein



Dolores has been assisting members of the Community House Fitness Center in reaching their fitness goals since 1991. She enjoys helping clients maintain a healthy lifestyle by using functional training, core/balance exercises, weight training, weight bearing exercises, and stretching. She has been certified through the International Association of Fitness Professionals with an emphasis in exercise and aging.

Chris Treiber



Chris has been assisting members of the Community House Fitness Center in reaching their fitness goals since 1998. His specializations are training for strength, functional movement, balance, and older adult populations. Chris is certified through the American Council on Exercise, the Functional Aging Institute (Functional Aging Specialist) and the Gray Institute (Applied Functional Science).

Edwin Ventura



Edwin is a NASM certified personal trainer as well as a USA licensed Boxing Coach. He grew up in Waukegan playing soccer for 15 years before switching to boxing for the last 6 years. He enjoys training a wide range of clients for performance, general health, and weight loss and is currently continuing his education to include a Performance Enhancement Specialty, which will enable him to help athletes reach their full conditioning potential.