

FITNESS CENTER PERSONAL TRAINERS

Bob
Davis



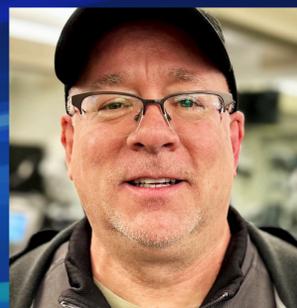
Bob has been assisting members of the Community House Fitness Center in reaching their fitness goals since 2001. Bob enjoys working with seniors and teens as well as those with special needs including rehabilitation. Helping those in the gym complements Bob's career in sports media that has taken him 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 Idea 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 1996. 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 8 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.

Marcia
Hebard



Marcia is a passionate and dedicated Personal Trainer and yoga/pilates instructor. She has worked with hundreds of people of all ages and ability levels, helping them develop strength, balance, and flexibility to prevent injuries and improve overall physical well-being. Marcia is a graduate of Northwestern University and has been an ACE certified personal trainer since 2003, emphasizing research-based training and a focus on behavioral change. She has also studied at the Institute for Integrative Nutrition, where she honed her skills in health coaching.