

## Meet Your Fitness Center Trainers!



### KC Bleuher

KC is an ACE Certified Personal Trainer with specialized training in massage therapy, recovery modalities, pilates, and other group fitness formats. She uses a combination of corrective exercise, strength training, stretching and massage to customize a fitness plan for her clients. Her vision is a world where all people live pain-free, healthy, and strong. She believes in the connection between a healthy body and a positive outlook and is passionate about being a catalyst for change for her clients. KC joined the Community House training team in 2025.



### 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 Super Bowls, and the NCAA Basketball Final Four. Bob is certified through the International Sports Science Association.



### 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 6 years. He enjoys training a wide range of clients for performance, general health, and weight loss. Edwin also holds a Performance Enhancement Specialty Certification through the National Academy of Sports Medicine, which enables him to train athletes to reach their full conditioning potential. Edwin joined the Community House training team in 2023.