

Meet Our Personal Trainers and Specialists



Jessica Ervin
Fitness Coordinator

Qualifications
ACE Certified Personal Trainer,
ACE Certified Health Coach
TRX® Suspension Training Certified

Specialties

Older adult fitness, pre/post natal training, TRX® training, bodybuilding, physique and figure competition prep training



Aaron Santos
Fitness Specialist

Qualifications
Group Exercise Instructor, Aerobics and Fitness Association of America Personal Trainer, American Council on Exercise TRX® Suspension Training Certified

Specialties

Strength training, weight loss, body composition, sport-specific training, knee rehabilitation



Amy Kessler
Fitness Specialist

Qualifications
BS in Physical Education,
Illinois State University
Aqua/P.A.C.E. Instructor, Arthritis Foundation, Certified Exercise Physiologist, American College of Sports Medicine, Certified Personal Trainer, National Strength and Conditioning Association, Special Populations Certification, Cooper Institute, TRX® Suspension Training Certified

Specialties

Sports conditioning, pre/postnatal training, post rehabilitation conditioning, osteoporosis and arthritis conditioning



Logan Sinnett
Fitness & Medical Integration

Qualifications
BS in Health and Human Performance,
University of Wisconsin-Platteville
Certified Exercise Physiologist, American College of Sports Medicine Certified Personal Trainer, American College of Sports Medicine Basic Life Support, American Heart Association, TRX® Suspension Training Certified, Certified Cancer Exercise Specialist, Rock Steady Boxing Coach

Specialties

Weight loss, strength training, special population, circuit training, cardiac rehabilitation

Personal Trainers and Specialists



Josh Watson

Fitness Specialist

Qualifications

BS in Kinesiology Studies,
Illinois State University
Certified Personal Trainer, American
College of Sports Medicine, TRX®
Suspension Training Certified

Specialties

Strength training, sports-specific training, lower back
rehabilitation



Amy Wilson

Fitness Specialist

Qualifications

MS in Kinesiology,
University of Illinois at Chicago
Certified Personal Trainer, American
College of Sports Medicine, CPR/AED
First Aid Certified, American Heart
Association

Specialties

Strength and conditioning, weight loss and group
exercise



Callum Johnstone

Fitness Specialist

Qualifications

BS in Exercise Science,
North Central College
CPR/AED Certified, American Red Cross
ACE Certified Personal Trainer

Specialties

Strength and conditioning, weight loss, functional
training and youth sports training



Dylan Weis

Fitness Specialist

Qualifications

BS in Exercise Science,
Eastern Illinois University
American College of Sports Medicine
Certified Personal Trainer, Basic Life
Support Certified, American Heart
Association

Specialties

Sport-specific training, strength training, circuit training,
weight loss



Brock Moore

Fitness Specialist

Qualifications

BS in Exercise Science,
Eastern Illinois University
Certified Personal Trainer, American
Council On Exercise

Specialties

Weight loss, sports performance, resistance training,
circuit training

**To find a Personal Trainer that best matches
your abilities and needs, please contact
our Fitness Manager, Kristina Simone at
ksimone@nmhfc.com or 847.535.7038.**

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Lake Forest Health & Fitness Center**
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