



**Dylan Weis**



**Amy Kessler**



**Aaron Santos**



**Josh Watson**



**Cal Johnstone**

Each team meets with the personal trainer of their choice twice per week for 6 weeks. Each session lasts for 60 minutes and will meet on the track.

For more information and pricing, contact Kristina Simone, Fitness Manager, at 847.535.7038 or [ksimone@nmhfc.com](mailto:ksimone@nmhfc.com).

### Team Training Information

You must sign up for entire 6 weeks to guarantee your spot in team training.

No refunds, cancellations or proration.

Drop-ins are welcome if space is available.

All sessions must be paid for on or before the day of training.

**Northwestern Medicine**  
**Lake Forest Health & Fitness Center**  
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