

# May 15 - June 23, 2017 Team Training

Lake Forest Health & Fitness Center



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.



**Lauren Von Schaumburg**

Tuesday/Thursday

4:30-5:30 p.m.

5:30-6:30 p.m.



**Amy Kessler**

Tuesday/Thursday

5:30-6:30 a.m.



**Dylan Weis**

Monday/Wednesday

7:00-8:00 a.m.



**Josh Watson**

Monday/Wednesday

9:00-10:00 a.m.



**Jessica Ervin**

Monday

11:00-12:00 p.m.

Friday

10:00-11:00 a.m.



**Aaron Santos**

Tuesday/Thursday

6:30-7:30 a.m.

## 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

For more information, contact Kristina Wrezel, Fitness Operations Manager at 847.535.7038 or [kwrezel@nm.org](mailto:kwrezel@nm.org).

