



Mary...

go ahead, pamper yourself today at



COMPLIMENTARY
10-Day Membership
reserved for

Mary Meadows

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

Mary

your personal trainer will be Latisha Smith.

Level: Base II Trainer

Educational Background: Marlinton Community College

Certifications: NSCA C-PT (National Strength and Conditioning Association Certified Personal Trainer), AFAA Personal Training and Fitness Counselor Certification, and First AID/ CPR/ AED Certified

Personal: Mary, I believe that exercise and nutrition are crucial to having a healthy and celebratory lifestyle. I am anxious to help all my clients achieve their well-being goals, and will go to great lengths to make sure my workouts cater to my client's specific needs and interests. You are only 12 miles from the club, so I hope to see you soon!



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Chicago, IL
PERMIT NO 2112

Mary Meadows
2510 N Waybe Ave
Suite 2
Schaumburg, IL 60173



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Michael...

state of the art facilities available at



COMPLIMENTARY
10-Day Membership
reserved for
Michael Williams

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

Michael

your personal trainer will be Sylvia Ashanti.

Level: Senior Trainer

Educational Background: Sandy Valley High School

Certifications: AFAA Personal Training Certification;
American Red Cross CPR, First Aid, and AED
Certification

Personal: Michael, my interest in strength training began at the age of 13. I've gained experience by teaching a toning program in my hometown, fitness consulting at the SRWC, fitness assessing and writing fitness prescriptions. In addition to weight training, I am also knowledgeable in the areas of cardiovascular endurance and flexibility. You are only 8.5 miles from the club, so I hope to see you soon!



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Michael Williams
1309 Center Street
Unit 3A
Oak Park, IL 60293



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Nancy...

bring the family to experience the



COMPLIMENTARY
10-Day Membership
reserved for
Nancy Olmsted

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

Nancy

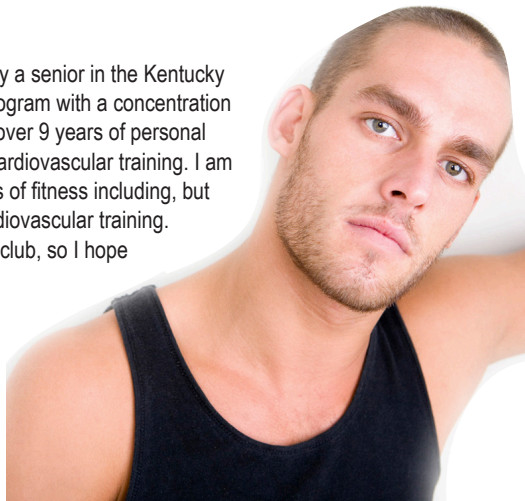
your personal trainer will be Marty Cohen.

Level: Senior Trainer

Educational Background: Supreme Hoban University

Certifications: Training Certification; American Red Cross CPR, First Aid, Preventing Disease Transmission and AED Certification; American Heart Association CPR

Personal: Nancy, I am currently a senior in the Kentucky University Exercise Science program with a concentration in Exercise Physiology. I have over 9 years of personal experience with strength and cardiovascular training. I am very knowledgeable in all areas of fitness including, but not limited to: strength and cardiovascular training. You are only 10 miles from the club, so I hope to see you soon!



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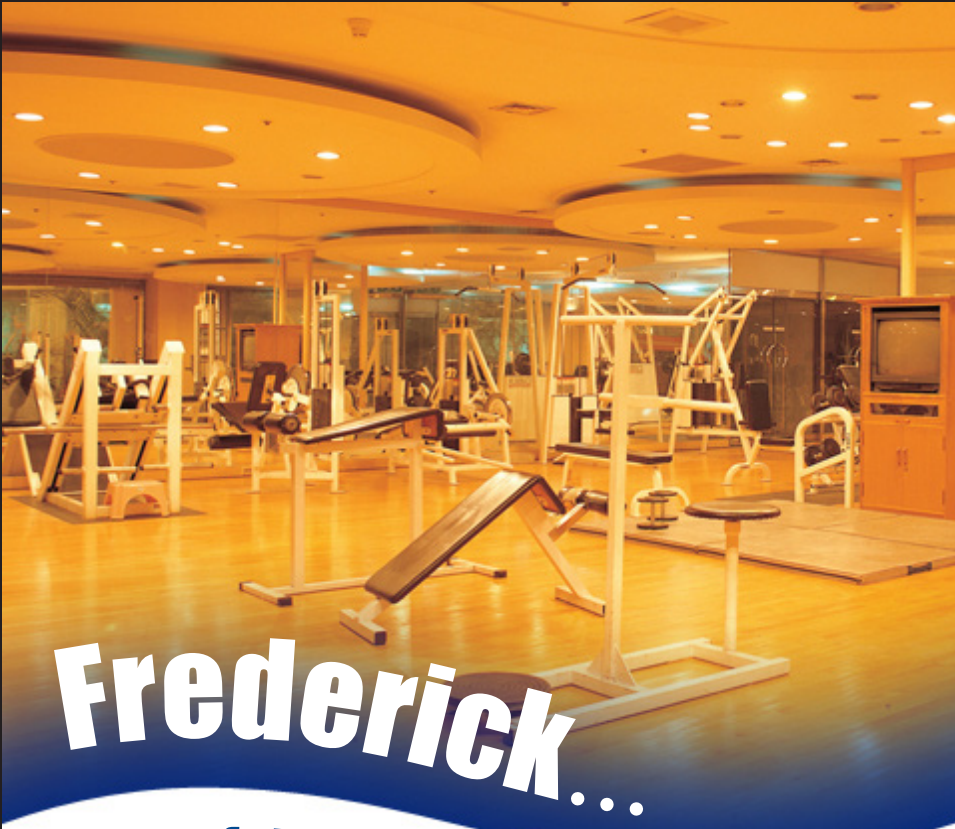
Nancy Olmsted
27 East Cermak
Apt. 1
Gary, IN 60347



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Frederick...

state of the art facilities available at



COMPLIMENTARY
10-Day Membership
reserved for
Frederick Mercury

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

Frederick

your personal trainer will be Latisha Smith.

Level: Base II Trainer

Educational Background: Marlington Community College

Certifications: NSCA C-PT (National Strength and Conditioning Association Certified Personal Trainer), AFAA Personal Training and Fitness Counselor Certification, and First AID/ CPR/ AED Certified

Personal: Frederick, I believe that exercise and nutrition are crucial to having a healthy and celebratory lifestyle. I am anxious to help all my clients achieve their well-being goals, and will go to great lengths to make sure my workouts cater to my client's specific needs and interests. You are only 4 blocks from the club, so I hope to see you soon!



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Frederick Mercury
2510 N Wayne Ave
Suite 109
Chicago, IL 60614



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Monica...

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COMPLIMENTARY
10-Day Membership
reserved for

Monica Jones

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

Monica

your personal trainer will be Sylvia Ashanti.

Level: Senior Trainer

Educational Background: Sandy Valley High School

Certifications: AFAA Personal Training Certification;
American Red Cross CPR, First Aid, and AED
Certification

Personal: Monica, my interest in strength training began at the age of 13. I've gained experience by teaching a toning program in my hometown, fitness consulting at the SRWC, fitness assessing and writing fitness prescriptions. In addition to weight training, I am also knowledgeable in the areas of cardiovascular endurance and flexibility. You are only 14 miles from the club, so I hope to see you soon!



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Monica Jones
1305 Remington Rd
Unit 92
Schaumburg, IL 60173



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Gina...

bring the family to experience the



COMPLIMENTARY
10-Day Membership
reserved for
Gina Katze

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs



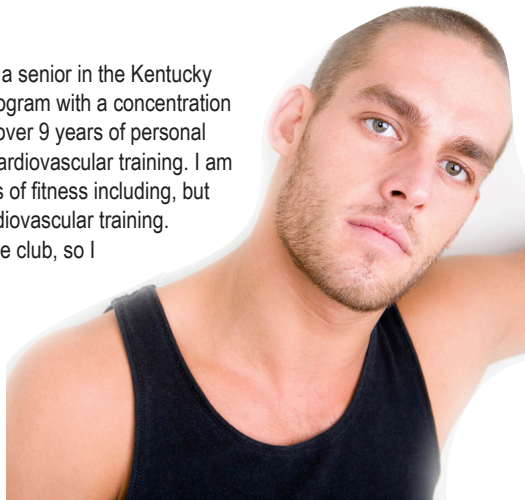
your personal trainer will be Marty Cohen.

Level: Senior Trainer

Educational Background: Supreme Hoban University

Certifications: Training Certification; American Red Cross CPR, First Aid, Preventing Disease Transmission and AED Certification; American Heart Association CPR

Personal: Gina, I am currently a senior in the Kentucky University Exercise Science program with a concentration in Exercise Physiology. I have over 9 years of personal experience with strength and cardiovascular training. I am very knowledgeable in all areas of fitness including, but not limited to: strength and cardiovascular training. You are only 15.5 miles from the club, so I hope to see you soon!



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Gina Katze
26 Stone Crop Rd
Apt. 12-B
Hinsdale, IL 60614



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Brian...

state of the art facilities available at



COMPLIMENTARY
10-Day Membership
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Brian Skey

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

Brian

your personal trainer will be Marty Cohen.

Level: Senior Trainer

Educational Background: Supreme Hoban University

Certifications: Training Certification; American Red Cross CPR, First Aid, Preventing Disease Transmission and AED Certification; American Heart Association CPR

Personal: Brian, I am currently a senior in the Kentucky University Exercise Science program with a concentration in Exercise Physiology. I have over 9 years of personal experience with strength and cardiovascular training. I am very knowledgeable in all areas of fitness including, but not limited to: strength and cardiovascular training. You are only 23.4 blocks from the club, so I hope to see you soon!



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Brian Skey
2992 Workout Way
Suite 2
Camden, IL 65887



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Molly...

go ahead, pamper yourself today at



COMPLIMENTARY
10-Day Membership
reserved for

Molly Ringer

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

Molly

your personal trainer will be Latisha Smith.

Level: Base II Trainer

Educational Background: Marlinton Community College

Certifications: NSCA C-PT (National Strength and Conditioning Association Certified Personal Trainer), AFAA Personal Training and Fitness Counselor Certification, and First Aid/ CPR/ AED Certified

Personal: Molly, I believe that exercise and nutrition are crucial to having a healthy and celebratory lifestyle. I am anxious to help all my clients achieve their well-being goals, and will go to great lengths to make sure my workouts cater to my client's specific needs and interests. You are only 3.5 blocks from the club, so I hope to see you soon!



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Molly Ringer
1111 Wellington Way
Apt R
Chicago, IL 62349



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