

# Gregg Lee

Gregg became a certified personal trainer in 2002, but has been training athletes since 1978 when he began coaching ice hockey. Also a martial arts instructor, Gregg holds a 2nd degree black belt in Tae Kwon Do. He is the conditioning and skill coach for the Libertyville High School Hockey Team and coaches a U-16 team for the Northwest Chargers Hockey Club in Rolling Meadows. These unique skill sets allow him to combine athletics and martial arts into his clients' programs.

*“I enjoy working with all people and look forward to creating a safe and effective workout for you!”*

## **Certifications**

- NASM Certified Personal Trainer
- Level 4 USA Hockey Coach
- Group Instructor: Boot Camp, Sports Conditioning, and Circuit Training



## **Interests**

**Hockey, Martial Arts, Golf, Classic Rock Music, and Model Building**