



Personal Training

LEHI LEGACY CENTER PERSONAL TRAINING

Are you looking for a great way to get into shape? Personal Training is now offered at the Legacy Center!

Otto Carter

Personal Training

Otto Carter is a Larry Scott Certified Trainer and is certified in the following areas nutrition, ratio-nutrition, aerobics, exercise, instinctive training, compound intensity, constant change, and synapse training.

Otto has been around a weight room and athletics for most of his life. He played football, basketball, baseball, soccer, and golf.

PERSONAL TRAINING RATES

Individual Training Session

1:1 \$40 per hour session
1:1 \$25 per ½ hour session

Group Training Session

2:1 \$60 per hour session (\$30 per person)
2:1 \$40 per ½ hour session (\$20 per person)
3:1 \$85 per hour session (\$28.33 per person)
3:1 \$59 per ½ hour session (\$20 person)

Training Packages

6 sessions = 5% discount
12 sessions = 7% discount
18 sessions = 11% discount
24 sessions = 15% discount
36 sessions = 20% discount

Receive a 5% discount on the purchase of 6-11 sessions, 7% discount on 12-17 sessions, 9% discount on 18-23 sessions, and 11% discount on 24 or more sessions.

× QUICK FACTS

What..... Personal Training
Where..... Weight and Cardio room
Who..... All Welcome
Appointment Make at Legacy Registration office
Day Monday thru Saturday – by appointment only
Fee..... SEE ABOVE

***Receive a 5%, 7%, 11%, 15%, 20% discount when you purchase more than 6 sessions!**

REGISTRATION

Must make an appointment at the Legacy Registration back offices
Monday-Friday 8am-6pm (**NO REFUNDS**)

INFORMATION

For more information call Legacy Front Desk at 768-7124



Lehi Legacy Center
123 N Center St.
801-768-7124
www.lehi-ut.gov

Post Until 5/30/09