

Personal Training



LEHI LEGACY CENTER PERSONAL TRAINING

Personal Training is now offered at the Legacy Center!

Susan Wilson

Personal Training

Susan has been involved with the fitness industry for the last 20 years. As a group fitness instructor and now as a personal trainer, Susan has worked with all ages groups and fitness levels.

She has also trained for sprint triathlons, 1/2 marathons and century bike rides. Susan is very motivating and can help you achieve your fitness goals.

PERSONAL TRAINING RATES

Individual Training Session

1:1 \$50 per hour session
1:1 \$35 per 1/2 hour session

Group Training Session

2:1 \$70 per hour session (\$35 per person)
2:1 \$50 per 1/2 hour session (\$25 per person)
3:1 \$95 per hour session (\$31.66 per person)
3:1 \$70 per 1/2 hour session (\$35 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 with Susan Wilson @ 801-400-6499
Day Monday thru Saturday – by appointment only
Fee..... Payment must be made to the Legacy Center before session
*Receive a 5%, 7%, 11%, 15%, 20% discount when you purchase more than 6 sessions!

REGISTRATION

Must make payment at the Legacy Registration Offices before first session
Monday-Friday 8am-6pm (NO REFUNDS)

INFORMATION

For more information call Legacy Front Desk at 801-768-7124



Lehi Legacy Center
123 N Center St.
801-768-7124

Find me on
facebook

www.lehi-ut.gov/legacycenter

follow us on
twitter