



# 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!*

### Loralee Dodson

**ACE Certified Personal Trainer and YMCA  
Weight Management Coach**

Loralee has been working with clients to reach their weight loss, strength, and fitness goals since 1997. As a Weight Management Coach, Loralee assists clients in improving their body image and achieving realistic weight loss goals by helping them recognize negative diet and fitness behaviors in order to re-pattern them into positive habits. Loralee has worked directly with Physical Therapists to transition patients out of prescribed

treatment and into independent exercise. She is an ACE certified Personal Trainer and Group Exercise Instructor and is certified through YMCA as a Strength Trainer Instructor and Weight Management Coach. Loralee holds a Bachelor of Science degree from Weber State University in Health Administration.

*"Those who do not make time for exercise will have to make time for illness." - Earl of Derby, 1873*

### PERSONAL TRAINING RATES

#### Individual Training Session

1:1 \$60 per hour session  
1:1 \$40 per ½ hour session

#### Group Training Session

2:1 \$80 per hour session (\$40 per person)  
2:1 \$55 per ½ hour session (\$27.50 per person)  
3:1 \$105 per hour session (\$35 per person)  
3:1 \$70 per ½ hour session (-\$23 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 an Appointment w/ Loralee 801-376-9552  
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 801-768-7124



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