



# 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!*

### **Tiffany Heath**

**ACSM Health Fitness Specialist**

Tiffany graduated from the University of Utah with her Bachelor's degree in Exercise & Sport Science. She has been certified as a Personal Trainer, aerobics instructor, and Strength & Conditioning Specialist through AFFA, ACSM and NSCA. Over the past 15 years, she has worked with a variety of clients, including former Utah Governor Michael O. Leavitt's Staff while working at the University of Utah's PEAK academy, to Olympic athletes competing in the

Salt Lake Winter 2002 games while she worked at TOSH (The Orthopedic Specialty Hospital) in Murray, UT. Tiffany has had the unique opportunity to work in a variety of settings, including Corporate Fitness, Physical Therapy, and Sports Medicine, which has helped her develop some versatile skills to accommodate a wide range of clientele. She has helped numerous clients with weight management, including Lehi City's Slim to Win Grand Prize winner for 2012, who lost 100 pounds during the 6 month contest.

### **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)  
6:1 \$40 per month (call Tiffany)

#### **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/ Tiffany 801-471-8879  
Day..... Monday thru Saturday – by appointment only  
\*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