



# 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 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 those behaviors into positive habits. By employing her extensive background in body movement and systems Loralee is able to help her clients recognize the capabilities they have when using proper alignment and nutrition.

Loralee's primary emphasis is in Functional Training - helping individuals strengthen their body using movements and applications from their everyday life.

Loralee's objective is to help you become independent in your lifetime fitness goals.

Loralee has had the opportunity to work with Physical Therapists and Chiropractors in transitioning their patients from prescribed treatment into independent exercise and has been helping her clients reach their weight loss, strength, and fitness goals since 1997.

When you are ready to do what it takes, Loralee is here to guide you on your path and give you the tools to take charge of your health for years to come.

### Individual Training - 8 SESSION PACKAGE - \$520

Includes:

- \* 1:1 - 1 hour session @ \$65 per session (Must sign up for 8 sessions)
- \* Package includes monthly basic body fat testing, body measurements, nutritional guidelines and on-going nutritional counseling, and personalized fitness program.
- \* For best results, plan on meeting with Loralee a minimum of two times per week.

### Small Group Training Up to 4 People - FOUR WEEK PACKAGE

- Meeting 2 times per week for 4 weeks = \$300 per person (\$37.50 per person, per session = \$75.00/ week)
- Meeting 3 times per week for 4 weeks = \$435 per person (\$36.25 per person, per session = \$108.75/ week)
- Meeting 4 times per week for 4 weeks = \$560 per person (\$35.00 per person, per session = \$140.00/ week)
- Meeting 5 times per week for 4 weeks = \$675 per person (\$33.75 per person, per session = \$168.75/ week)

\*4 week package includes monthly basic body fat testing, body measurements, nutritional guidelines and on-going nutritional counseling and personalized fitness program.

## ×QUICK FACTS

- What..... Personal Training
- Where..... Weight and Cardio rooms, Pool and Outside
- Who ..... All Welcome
- Appointment..... Make an Appointment w/ Loralee 801-376-9552
- Day..... Monday thru Saturday – by appointment only
- Fee ..... SEE ABOVE

## REGISTRATION

Must register 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