



# PERSONAL TRAINING

## QUICK FACTS

WHAT ..... Personal Training  
 WHERE ..... Legacy Center Weight and Cardio Room  
 WHO ..... 16yrs or older  
 WHEN ..... Make an Appointment with Tiffany at 801-471-8879  
 DAYS ..... Monday thru Saturday  
 FEES ..... See fees below

## REGISTRATION

Must register and pay at the registration office after make an appointment with Tiffany Heath. 801-471-8879  
 Register at the Legacy Center Back Office during normal business hours.

## MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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## Tiffany Heath

### ACSM Certified Exercise Physiologist

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, and 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.

### Individual Training Session

1:1	\$60 per hour session
1:1	\$40 per 1/2 hour session

### Group Training Session

2:1	\$80 per hour session (\$40 per person)
2:1	\$55 per 1/2 hour session (\$27.50 per person)

\*See small group training options on the back of flyer.

### Training Packages DISCOUNT

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

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)



# RECREATION

REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.



# GROUP PERSONAL TRAINING

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## SMALL GROUP PERSONAL FITNESS TRAINING

**With Tiffany Heath, ACSM Certified Exercise Physiologist**

This class is to provide a progressive strength & fitness program in a fun, non-competitive, supportive, and professional environment that will:

- Help promote a healthy lifestyle
- Improve individual's muscular strength and endurance
- Decrease individual's risk of osteoporosis, diabetes, and heart disease
- Decrease individual's risk of injury during daily activities, sports, or other recreational activities.
- Help promote healthy blood pressure and cholesterol levels
- Help individual's improve their body composition
- Help individuals learn safe and proper techniques that feel confident about continuing on their own when they leave the group.
- Help individuals develop a positive body image, self-confidence, and increased self-esteem
- Provide a sense of camaraderie, motivation, accountability between participants and Tiffany

## REGISTRATION

Must register and pay at the registration office after making an appointment with Tiffany Heath. 801-471-8879 or email her at [ftheath@gmail.com](mailto:ftheath@gmail.com).

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## MORE INFORMATION



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### Small Group Training Session (Ongoing)

Morning	Tue/ Thur	9:30-10:30 a.m.	\$10 per session
Evening	Tue/Thur	7:00-8:00 p.m.	\$10 per session

Cost is paid monthly and goes month to month. No contract. This is for 16yrs and older, geared towards beginner to intermediate fitness levels.

\*Space is limited, subject to availability. To sign up, or be put on waiting list, contact Tiffany Heath.

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