



PERSONAL TRAINING

QUICK FACTS

WHAT Personal Training
 WHERE Legacy Center Weight and Cardio Room
 WHO 16yrs or older
 WHEN Make an Appointment with Stacy at (216) 410-8615
 DAYS Monday - Saturday
 FEES See fees below
 *NON MEMBERS MUST PAY THE DAILY FEE.

Stacy Stoddard

NASM Certified Personal Trainer

Growing up, Stacy's family participated in various types of recreation. They enjoyed being outside and just being active together. Stacy really enjoys all types of recreation: running, high intensity interval training, flexibility and stability training, yoga, Pilates, strength training, and more!

Stacy graduated from BYU in Provo, UT with a Bachelor's degree in Recreation Therapy. She has also completed a Personal Fitness Training certification course from Eagle Gate College in Layton, UT. She is a NASM-certified personal trainer.

REGISTRATION

Must register and pay at the registration office after make an appointment with Stacy at (216) 410-8615

Register at the Legacy Center Registration Office during normal business hours.

MORE INFORMATION



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



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Individual Training Session

1:1	\$50 per hour session
1:1	\$30 per 1/2 hour session

Couple Training Session

2:1	\$70 per hour session (\$35 per person)
2:1	\$45 per 1/2 hour session (\$22.50 per person)

Training Packages DISCOUNT

8 sessions = 10% Discount
12 sessions = 15% Discount
16 sessions = 20% Discount
20 sessions = 25% Discount
24 sessions = 30% Discount

LEHI LEGACY CENTER
 123 North Center Street
 385.201.2000

www.lehi-ut.gov/legacy-center



REGISTRATION HOURS
 Monday-Friday
 8 a.m. to 6 p.m.