



GROUP 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 or email tiffany@trhfitness.com
 DAYS Monday thru Saturday
 FEES See fees below
 *NON MEMBERS MUST PAY THE DAILY FEE.

REGISTRATION

May register on-line or pay at the Registration Office AFTER making an appointment with Tiffany Heath. 801-471-8879 or email her at tiffany@trhfitness.com. 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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SMALL GROUP STRENGTH

TRAINING With Tiffany Heath, ACSM Certified Exercise Physiologist, PN1 (Precision Nutrition, Level 1 Certification)

This purpose of this class is to provide a self-paced progressive strength training program in a fun, non-competitive, supportive, and professional environment that will:

- Help promote a healthy lifestyle
- Help individuals improve their body composition
- Improve individuals muscular strength and endurance
- Decrease individuals risk of osteoporosis, diabetes, and heart disease
- Help individuals learn safe and proper techniques
- Decrease individuals risk of injury during daily activities, sports, or other recreational activities.
- Help individuals develop a positive body image, self-confidence, and increased self-esteem
- Provide a sense of camaraderie, motivation, accountability between participants and Tiffany

Please note: If an individual has no prior experience with lifting weights, it is recommended to do a 1:1 personal training session with Tiffany prior to beginning the group sessions.

Small Group Training Session (Ongoing)

Morning	Mon/Wed	8:30-9:30 a.m.	4 session = \$50 8 session = \$100
Evening	Tue/Thur	6:00-7:00 p.m.	4 session = \$50 8 session = \$100
Evening	Tue/Thur	7:00-8:00 p.m.	4 session = \$50 8 session = \$100

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 to be put on waiting list, contact Tiffany Heath.

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.