



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
 *NON MEMBERS MUST PAY THE DAILY FEE.

Tiffany Heath

*ACSM Certified Exercise Physiologist , PN1
 (Precision Nutrition Level 1 Certified)*

Tired of working out, but not seeing the results you had hoped for when it comes to weight loss and body composition changes? Or maybe you've never really exercised before, and decided you want to start an exercise program, but aren't quite sure how or where to start? Maybe you've tried many different exercise programs or diets, only to regain the weight back, plus a little more? If you are ready to make lasting changes that will help you feel & look better, give you more self-confidence, and be successful, Tiffany can help. Tiffany graduated from the University of Utah with her Bachelor's degree in Exercise & Sport Science. Over the past 20 years, 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 currently specializes in helping clients with weight management, and those who are wanting to start an exercise program, or needing help fine tuning their current exercise program to be more effective and results oriented.

REGISTRATION

Must register and pay at the Registration Office after make an appointment with Tiffany Heath. 801-471-8879
 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 Package

1:1	\$840 - (12) 60 Minute sessions
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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.