



PERSONAL TRAINING

QUICK FACTS

WHAT Personal Training
 WHERE Legacy Center Weight and Cardio Room
 WHO 16yrs or older
 WHEN Make an Appointment with Adam at 623-383-4818
 DAYS Monday thru Saturday
 FEES See fees below
 *NON MEMBERS MUST PAY THE DAILY FEE

Adam Arnett

ISSA Certified Personal , PN1(Precision Nutrition Level 1 Certified)

Adam wants to help you become stronger, faster, and leaner. Professionally, he was the head coach for 3 years for Westlake boys lacrosse. Currently he is a treadmill coach at the American Fork Rec Center and a triathlon coach. Personally, he has competed in state and national level triathlons. He knows what it takes to be game day ready and loves working with new and experienced triathletes on improving their swimming, bike, and run disciplines for a more successful race.

He is a certified personal trainer through ISSA and holds a Precision Nutrition L1 certification. He builds nutrition and training plans for optimizing athletic performance. Where he really shines is in working with dedicated recreational athletes and high school athletes looking to improve their game. So, if you're looking to build strength during the off season, are preparing for competition, or want to maintain strength and prevent injury while competing, then Adam will build a custom training plan that will help you reach peak performance.

Adam uses strength training, HIIT, cardio, and plyometrics to help clients achieve their health and fitness goals, you can have increased muscle, lower body fat, and improve endurance. From athletes to amateurs, Adam can help you reach your training goals.

REGISTRATION

Must register and pay at the Registration Office after making an appointment with Adam at 623-383-4818. 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	\$390 - (6) 60 Minute sessions
1:1	\$720 - (12) 60 Minute sessions

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.