



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 | PN2 (Precision Nutrition, Level 2 Certified)

If you want to feel confident, you're exercising correctly—without guessing what to do—Tiffany provides knowledgeable, supportive personal training designed for real life.

With over 20 years of experience in exercise science-based settings, including corporate fitness, physical therapy, and sports medicine, Tiffany helps clients build strength safely, move better, and make the most of their limited time. Her sessions focus on proper technique, smart progression, and helping clients feel capable rather than overwhelmed.

Tiffany works especially well with busy women and adults who are returning to exercise after time off, managing aches or injuries, or wanting accountability, guidance, and reassurance that they're exercising correctly. Clients appreciate her calm, encouraging approach and the confidence that comes from knowing their training is both effective and appropriate for their body.

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	\$1200 - (12) 60 Minute Session
1:1	\$600 - (6) 60 Minute Session

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.