



# PERSONAL TRAINING

## QUICK FACTS

WHAT ..... Personal Training  
 WHERE ..... Legacy Center Weight and Cardio Room  
 WHO ..... 16yrs or older  
 WHEN ..... Make an Appointment with April at 385 - 439 - 0314  
 DAYS ..... Monday thru Saturday  
 FEES ..... See fees below  
 \*NON MEMBERS MUST PAY THE DAILY FEE.

## April Hamon ACE Certified Personal Trainer

Are you ready to take charge of your health but aren't sure where to start? Looking for more energy, a brighter mood, and a stronger body and mind? Let April help you build lifelong habits that enhance your quality of life. She is passionate about fitness and believes exercise is for everyone—no matter your shape, size, or age.

April began her fitness journey 17 years ago, discovering a love for group fitness classes before becoming an instructor in 2017. As she continued to learn and grow, she felt compelled to share her passion and help others fall in love with exercise. In 2024, April earned her ACE Fitness personal training certification and now uses a combination of strength training, HIIT, cardio, and mobility exercises to guide you toward better health.

You decide how many sessions to schedule each week, and April will create a plan for the rest. Whether you're recovering from an injury, aiming to age gracefully, hoping to build muscle, or looking to lose weight, April is ready to help you reach your goals and embrace a healthier lifestyle.

## REGISTRATION

Must register and pay at the Registration Office after making an appointment with April Hamon. 385-439-0314  
 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	\$460 - (8) 60 Minute sessions

LEHI LEGACY CENTER  
 123 North Center Street  
 385.201.2000  
[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)



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