

*Expert in fitness.  
Expert in support.*

Do you really have time for the "trial and error" approach to fitness? Do you want to start off on the right foot from the get go? Then get help with your personal fitness program and have one of our certified trainers customize a routine to help you achieve your goals.



*"Choices for  
a Lifetime...  
Begin Here!"*

### **FITNESS ASSESSMENT.**

Do you want to know your current health and fitness level? We offer Fitness Assessments where you will be tested on your flexibility, muscle strength, muscle endurance, blood pressure, heart rate, cardiovascular fitness, and body fat.

Testing takes approximately 1 hr and the fee is \$25.

For assessments contact Tasha at [trose@kopfc.com](mailto:trose@kopfc.com)

### **BODY FAT TESTING.**

Our bodies can be divided in to two main components - lean mass and fat mass. A typical scale can't tell the difference, however, our total body composition analyzer will be able to measure this for you. Your measurement printout will include: Weight, Fat Mass, Total Body Water Mass, BMI, Fat %, BMR, Metabolic Age, Muscle Mass, and Bone Mass

Initial testing fee is \$15 and follow up re-testing is \$10.  
Email Tasha at [trose@kopfc.com](mailto:trose@kopfc.com) for an appointment.



Questions?

**EMAIL: [trose@kopfc.com](mailto:trose@kopfc.com)**

FOR MORE DETAILS.



**FITNESS  
TRAINING**

# FITNESS MADE SIMPLE.



[www.kopfc.com](http://www.kopfc.com)

5624 South Cougar Ln.  
Kearns, UT 84118

801.966.5555



**FITNESS  
TRAINERS**

# GET THE MOST OUT OF YOUR WORKOUTS BY EXERCISING WITH A PERSONAL TRAINER.

## Single Personal Training Session

\$35 - includes (1) one hour training session

## Multiple Personal Training Session Package

\$155 - includes (5) five

1 hour training sessions

## Group Training Session

2 people - \$55 /1 hour session

4 people - \$100 /1 hour session

**Gift Certificates available. Please see front desk to purchase.**



### FITNESS MADE SIMPLE.

Our trainers can help you set a path that's made just for you.

### GETTING STARTED.

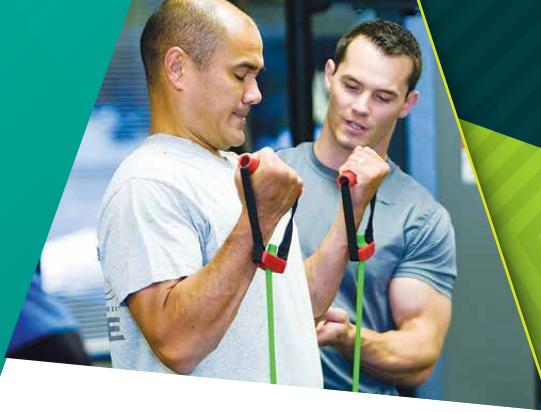
There's no need to go it alone. We can help.

### ALL SHAPES. ALL SIZES. ALL FITNESS LEVELS.

All that is required is a desire to make changes and a commitment to following the program.

### ACHIEVING YOUR GOALS.

In the end, you will come out a better, healthier and happier **YOU!**



## Personal support is a vital component of a fitness based lifestyle change.



**Elliott**

Elliott is an ACSM certified personal trainer with an associate's degree from Salt Lake Community College as a fitness technician. His preparation as a fitness technician included working with student athletes, seniors, and performing fitness assessments for the Salt Lake County Sheriff's Office to help them achieve functional performance. Elliott has been involved with a variety of sports such as track, football, rugby, basketball, and competitive paintball. Every sport and lifestyle has a specific need for fitness and functional performance. He will work with you to design a fitness program to help you achieve your fitness goals and lifestyle goals.. Contact Elliott at **801.671.4552**



**Cathy**

Cathy's passion is helping individuals reach their fitness goals. A retired Air Force veteran with more than 20 years of fitness experience, she began her successful fitness career while serving in the military as a Coopers Institute trained Personal Fitness Specialist. Upon retirement she continued furthering her education through various fitness organizations earning certifications for personal training, group exercise, group cycling, and youth exercise. Cathy has the knowledge and experience of designing workout programs specific to your goals and abilities. She will help you develop the confidence necessary for you to feel comfortable in a gym setting so you can become the fittest YOU that YOU want to be. Cathy is certified through National Academy Sports Medicine (NASM). In her leisure time she enjoys working out, spending time with my family, and traveling. Contact Cathy at **575-491-1195 or bwrsince2012@gmail.com**

## To schedule an appointment:

\*Select a Trainer of your choice

\*Call the Trainer to schedule your session(s)

\*Download the Personal Training "Waiver & Assessment" form at **KOPFC.COM**



**Bill**

Bill is certified through the International Sports Science Association as a Certified Fitness Trainer and as a Youth Fitness Trainer with an emphasis in Sports Nutrition and Strength and Conditioning. Bill enjoys seeing his clients reach their fitness and weight loss goals. He is patient with his clients as it does take time to adjust one's lifestyle to meet one's goals of being healthy and becoming the best you! He is a competitive Power lifter and has set several state, national, and world records in his age and weight class. He enjoys the outdoors, being with his family, likes to fish, and just enjoys being outdoors. Contact Bill at **801.349.5909**

### Bonus: Free body composition analysis with personal training.

All patrons who work with one of our personal trainers will be eligible for a free\* assessment on our body composition analyzer (\$15 value). You will receive a measurement printout that will include your: Weight, Body Fat %, Fat Mass, Total Body Water Mass, BMI, BMR, Metabolic Age, Muscle Mass and Bone Mass

\* One free assessment per person. Follow up assessments are only \$10 ea.