

*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. Body Fat Testing only is: Skinfold Calipers \$10 or Bioelectrical Impedance \$1.

For assessments contact Jacque at **801.545.4108.**

### **FITNESS ROOM ORIENTATION.**

This orientation is designed to give you the understanding of how to use the equipment in the Fitness Room. Instead of stumbling around the machines, let one of our Personal Training staff teach you the proper use of the weight and cardiovascular machines. You will leave this orientation with all the knowledge and confidence required to use the equipment. This class is for ages 14 and up and lasts about 1 hour.

The fee for the orientation is \$10. You can sign up online at [www.kopfc.com](http://www.kopfc.com) - click the Online Registration button.



Questions?

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

FOR MORE DETAILS.



**FITNESS  
TRAINING**

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

5624 South Cougar Ln.  
Kearns, UT 84118

**801.966.5555**

# FITNESS MADE SIMPLE.



**FITNESS  
TRAINERS**

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

## Single Personal Training Session

\$30 - includes (1) one hour training session

## Multiple Personal Training Session Package

\$135 - includes (5) five 1 hour training sessions

Gift Certificates available. Please see front desk to purchase.



## 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](http://KOPFC.COM)

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



### 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!**



**Tasha**

Tasha has been working as a Personal Trainer at KOPFC since 2011 and has been in the fitness industry since 2004. She has a strong desire to help others develop a healthy lifestyle and enjoys creating fun and challenging workouts that will introduce you to many different styles of training. Whether you want to lose weight, are training for an obstacle race, have a medical need, or just looking to get fit she can help you reach your fitness goals. Tasha also is passionate about helping children and youth to be physically active and fit. Her credentials include a Bachelor's Degree from the University of Utah in Exercise and Sports Science, is a certified ACSM Health and Fitness Specialist, holds her personal training certification from Fitour, certified in Silver Sneakers and Silver & Fit, and instructs many group fitness classes. Contact Tasha at **801.870.0486**.



**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**



**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**.

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

