

*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 Jacque at **801.545.4108.**

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 colored printout will include: Weight, Fat Mass, Total Body Water Mass, BMI, Fat %, BMR, Metabolic Age, Muscle Mass, and Bone Mass

Intitial testing fee is \$25 and follow up re-testing is \$15.
Email Jacque at jwardle@kopfc.com for an appointment.



Questions?

EMAIL: aerobics@kopfc.com

FOR MORE DETAILS.



**FITNESS
TRAINING**

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

Group Training Session

2 people - \$50 /1 hour session
4 people - \$90/1 hour session

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

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. 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, certified in Silver Sneakers and Silver & Fit, and instructs many group fitness classes. 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 is currently working towards the ACE Youth Fitness Specialist Certification. Contact Tasha for your training needs at **801.870.0486** or natbu5fit@gmail.com (Text or Email preferred).



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**.



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**

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