



PERSONAL TRAINING

QUICK FACTS

WHAT Personal Training
WHERE Legacy Center Weight and Cardio Room
WHO 16yrs or older
WHEN Make an Appointment with Aaron Gough at 805-259-7785.
DAYS Monday thru Saturday
FEES See fees below
*NON MEMBERS MUST PAY THE DAILY FEE.

REGISTRATION

Must register and pay at the Registration Office *after* making an appointment with Aaron Gough at 805-259-7785. 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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Aaron Gough

CPT, AFLCA, YTT

Getting stronger is about more than just looking better. Building strength in the gym will translate to every aspect of your life. Your mental clarity will improve, your sleep will improve, you will have more energy and more confidence, and yes, you will like the way you look. But more importantly, I want you to like the way you feel about yourself and like the way you move through life.

As a personal trainer and movement coach, I help my clients build better foundations first, then we stack capability. Think of it like getting your alignment done on your car, then adding horsepower. As a team, we'll work on breath, posture, stability, then strength and power.

Wherever you're at with your fitness, whether you've never touched a weight in your life, are training for a race, or somewhere in between, I can help you reach your next level and give you the tools necessary to thrive in the gym on your own after we're done working together. I want you to keep seeing results you'll brag about long term.

Text me to get started, your first session is free. 805-259-7785

Individual Training Package

1:1	\$300/Month for 4 In-Person Sessions
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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.