



Gene Fullmer Fitness Center
 8015 South 2200 West
 West Jordan, Utah 84088
 385-468-1951



Personal Training



Reggie Wright Jewkes
 Certified Fitness Trainer NFPT

Specialized Training

- *Clinics**
- *Senior Fitness**
- *Personal & Group Fitness**
- *Post-Physical Therapy Rehab**

Pricing

\$40/hour
Train with a friend for \$30/hour

Achieve and maintain a healthy lifestyle by improving cardiovascular fitness, strength, flexibility, balance, wellness, confidence and more.

Personal and group fitness training available for anyone of any age and any fitness level.

Reggie offers training in cardio, strength, flexibility, balance, nutrition, sports, self defense, T'ai Chi, and more.

If interested, please sign up at the front desk.

For more information, call/text Reggie at 801-433-7753

www.CoachRegTraining.com

