

PERSONAL TRAINING

with

Kameron Shepherd

Kameron has been with Salt Lake County Parks and Recreation since August 2004. While working for the county Kameron has done many youth personal training camps, along with working in the fitness room motivating patrons to reach their fitness goals. Kameron's Certifications include:

- AFAA Certified Personal Trainer
- Bigger Faster Stronger Certified Strength & Conditioning Coach

Kameron has also instructed many strength and conditioning clinics across the country. He is currently living in Riverton with his wife. He takes pride in helping all types of people accomplish their goals.



Contact Kameron at
(801) 664-6432



JL SORENSON FITNESS AND RECREATION

5350 West Herriman Main Street
(12900 S)

Herriman UT 84096

(385) 468-1340

ONE PERSON TRAINING PRICING

*MUST PAY AT FRONT DESK PRIOR TO TRAINING

1—One Hour Session

\$35 for members
\$40 for non-members

4—One Hour Sessions

\$120 for members
\$140 for non-members

5—One Hour Sessions

\$150 for members
\$175 for non-members

6—One Hour Sessions

\$180 for members
\$210 for non-members

TWO-PERSON TRAINING PRICING

MUST PAY AT FRONT DESK PRIOR TO TRAINING SESSION

1—One Hour Session

\$50 for members
\$55 for non-members

4—One Hour Sessions

\$180 for members
\$200 for non-members

5—One Hour Sessions

\$225 for members
\$250 for non-members

6—One Hour Sessions

\$270 for members
\$300 for non-members

EACH SESSION IS SET UP ON AN INDIVIDUALIZED BASIS DEPENDING ON EACH PERSON'S NEED. PERSONAL TRAINING IS PERFECT IF YOU ARE JUST GETTING STARTED—OR IF YOU HAVE HIT A PLATEAU. WHETHER YOU ARE RECOVERING FROM AN INJURY, PREPARING FOR A SPECIFIC SPORT, OR WANTING TO LOSE WEIGHT, PERSONAL TRAINING IS THE PERFECT WAY TO GO.

** PLEASE NOTE NO REFUNDS—NO EXCEPTIONS**
SESSIONS EXPIRE 6 MONTHS FROM DATE OF PURCHASE!