



Holladay Lions Fitness Center
1661 East Murray-Holladay Rd.
Holladay, Utah 84177
385-468-1700



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

