

# Personal Training With Harmonie Wheeler

801-520-9759

Please contact trainer for availability before registering

Harmonie is an AFAA certified Personal trainer and Group fitness instructor. Harmonie has been teaching group fitness and doing personal training since 2007. She loves to share the love of exercise and all the benefits that it offers. She has found determination, satisfaction and joy in helping clients get off plateaus and helping them look at nutrition and exercise in a positive way.

A top priority is to instill a lifelong love of activity, to recognize all the benefits, not only in the gym and your clothing size, but in your way of life. Bringing balance, peace and joy to your life, through hard work and understanding. Harmonie has helped many clients reach their goals, she can help you too. Other qualifications include:

AFAA personal trainer  
CPR/AED  
AFAA GroupFness/Strength  
HIIT Cardio  
Zumba, Basic, Toning and Aqua BollyX  
Bosu  
Pilates  
Yoga  
Hip Hop Hustle



## PERSONAL TRAINING PRICING

**\*MUST PAY AT FRONT DESK PRIOR TO TRAINING SESSION\***

**1-One Hour Session**  
1 person - \$50

**4-One Hour Sessions**  
1 person - \$180

**6-One Hour Sessions**  
1 person - \$240

## Your personal training session with Harmonie will include:

- ★ In person training specific to your goals ★
- ★ Regular progress checks (Body measurements & weigh in pics)★
- ★ Access to trainer via text & e-mail for midweek check in. ★  
Facebook group for added social support and accountability
- ★ Nutrition support and goal setting★

**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!**  
Contact ShaNae for other questions or concerns  
swhite@slco.org



For inclusion opportunities for people with disabilities,  
contact Ashley at 385-468-1520 or abowen@slco.org.