

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

1-2 people - \$45/Person

4-One Hour Sessions

1-2 people - \$140/person

6-One Hour Sessions

1-2 people - \$195/person

In the event that two participants are sharing sessions and a partner has to cancel, that session can be rescheduled for a private session at trainers discretion.

Group Training:

3 or more participants

Contact trainer for rates

If session is missed, it cannot be made up. If you need to cancel or reschedule, advance notice is appreciated. Thank you for respecting our trainers time.



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

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