

# Personal Training

## With Kameron Shepherd

801-664-6432 Please contact trainer for availability before registering

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

Certifications;

AFAA Personal Trainer

Bigger Faster Stronger Certified strength and conditioning coach



### 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