

Personal Training

With Mitzi Enger

801-671-6489

Please contact trainer for availability before registering

Mitzi is a certified Fitness and Nutrition Coach, passionate about helping others reach their fitness goals. Mitzi is known among clients and associates for creating fun, challenging, and result driven workouts. She received her Bachelors degree from the University of Utah in Exercise & Sport Science. Mitzi thrives in a group setting— pushing her clients further than they thought they were capable and also enjoys the one on one interaction that Personal Training offers.

She is married to her best friend Chris and is a mother to four beautiful children. Other interests include: Traveling, party planning, tennis, volleyball, hiking and spending time with family. She loves training and pushing herself to do better in competitions — be it in relay races (Ragner), 1/2 marathons or Spartan obstacle races.

Mitzi currently leads early morning boot camps for JL Sorenson Rec Center and has a flexible schedule for offering Personal Training in one on one or small (2-3 People) sessions.

Certifications Include:

Ace Personal Trainer

AFFA Group Fitness Instructor

Precision Nutrition Level 1 Fitness and Nutrition Coach



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

Group Training is also available. Contact trainer for details on pricing and session availability

Your personal training session with Mitzi will include:

- ★ Initial fitness assessment ★
- ★ 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 ★
- ★ 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.