



National Academy of Sports Medicine Certified Personal Trainer

Mrs. Devin Gongora  
Certified Personal Trainer, NASM  
Certified Group Fitness Instructor, AFAA

**Training Packages:**

- 1 Session \$40.00
  - 5 Sessions \$190.00 (10.00 savings)
  - 10 Sessions \$360.00 (40.00 savings)
  - 15 Sessions \$520.00 (80.00 savings)
- \*\*\* Train with a Friend \$30.00 per person/session (save \$10.00)

**Adrenaline RUSH Boot Camp: 6 week specialized Boot Camp Program. Challenging cardiovascular and weight lifting classes designed to sculpt the body and deliver your ultimate Adrenaline Rush! Call for details!**

For an appointment, call Devin Gongora at 801-458-1343 or contact via email [fishguts10@yahoo.com](mailto:fishguts10@yahoo.com). Check out more info at [danddfitness.blogspot.com](http://danddfitness.blogspot.com).

**Other Certifications and Education:**

- NASM Certified Personal Training
- AFAA Group Exercise
- WSU AFAA Master Trainer
- CPR and First Aid
- AQUA FiTour
- Body Bar
- Cooper MEL
- FREEMOTION Training Cable Systems
- Hip Hop Hustle
- FiTour Primary and Advanced Pilates
- Kettle bell Inc.
- AFAA Yoga Essentials
- Urban Rebounding/Bounce On
- Resist-a-ball Stability Training
- X-Biking Training Program
- Silver Sneakers Cardio Circuit
- Mad Dogg Spinning Indoor Cycle
- Turbo Kick
- AFAA Step
- FiTour Yoga Essentials



- Zumatomic, Zumba Toning, Zumba Aquatics
- Micro-fit Fitness Assessments
- Experience in Fitness Competitions
- Running Experience: 5k, 10k, Half-marathons, Marathons

**Weber State University:** Human Performance Management, Nutrition Minor: Exercise Physiology, Exercise Program Design, Kinesiology, Nutrition Basics, Nutrition Fundamentals, Nutrition Program and Design, High Performance Nutrition, Prenatal and Postnatal Nutrition, Sports Nutrition, Multicultural Health, Health 1000-3050, ACE Fundamentals, Aerobics Training, Weight Lifting Fundamentals. AFAA Yoga Essentials Part I, II, III and Breathing Techniques, CEC: Nutrition and Body Composition/Kinesiology/Exercise Physiology, Exercise ETC: Implementing Post-rehab Programs: Exercise, Stroke and Neuromuscular Disease. IDEA 2010, Overtraining Syndrome, Cardio-Circuit Silver Silvers Phase I, II, III. *Les Mills Body Combat, Body Flow, Body Pump, Advanced Step Choreography, Vertical Step, Medicine Ball, Gliding Versatility, Abs Advantage, Zumba Toning, Zumba Kids, Balletone, Salsa Step, Step to 3<sup>rd</sup>, Pilates Reformer, Leslee Bender Pilates Fundamentals, Boot Camp, Body Rev, BOSU Complete Body Training Systems, Core-pole Tubing Toolbox, Cycle Sculpt.*

