



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)

For an appointment, call Devin Gongora at 801-458-1343 or contact via email fishguts10@yahoo.com. Check out more info at 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



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

Weber State University: Exercise Physiology, 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. 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 3rd, Pilates Reformer, Leslee Bender Pilates Fundamentals, Boot Camp, Body Rev, BOSU Complete Body Training Systems, Core-pole Tubing Toolbox, Cycle Sculpt.*

