



National Academy of Sports Medicine Certified Personal Trainer

Mrs. Devin Gongora

BS in Human Performance Management, Nutrition, WSU
Certified Personal Trainer, NASM, AFAA
Certified Group Fitness Instructor, AFAA



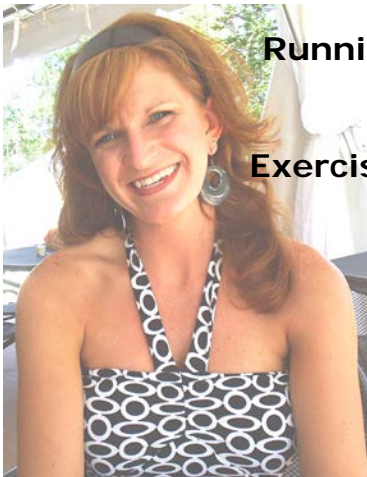
Training Packages:

- 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**



**ADRENALINE RUSH BOOT CAMP: 6 WEEK BOOT CAMP
PROGRAM INCORPORATING CHALLENGING
CARDIOVASCULAR AND WEIGHT LIFTING CLASSES DESIGNED
TO SCULPT THE BODY AND DELIVER YOUR ULTIMATE
ADRENALINE RUSH!
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**Experience in Air Force Fitness Test
Running Experience: 5k, 10k, Half-marathons, Marathons
Pre-and Post-natal Experience
Fitness Competitions
Exercise Management for Chronic Diseases and Disabilities
Nutrition Recommendations**

WSU AFAA Master Trainer, American Red Cross First Responder, 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 GOLD VIP Instructor, AFAA Step, FiTour Yoga Essentials, Zumba Fitness: Zumba-tomic, Zumba Toning, Zumba Aquatics