



pcmarc Independent Contractors– Personal Training



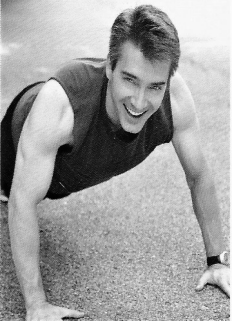
Jason Black has been helping people of all ages and abilities reach their fitness goals for over 20 years. Jason has experience training one on one with individuals and elite athletes, with additional experience working in group settings and with physical therapists to help rehab their patients. Jason is a National Academy of Sports Medicine and dotFIT certified personal trainer and is available for FREE fitness assessments and will provide access to a web based fitness and nutrition program (dotFIT.com).

Contact Jason at 435-640-6927 or jasonblack13@yahoo.com



Helen Golden has a strong fitness background of 25 years with experience in fitness training of all levels, as well as in sports marketing, editorial, and events. She has various certifications in Personal Training, Pilates, Spinning, Yoga, TRX, group exercise, coaching, etc. Helen has had the pleasure of training/coaching all types of people, of all backgrounds, including children from 2 years to 80 years of age, from clients with Parkinson's disease to Olympic athletes. She is also proficient in PNF stretching, which will improve your flexibility especially if you're challenged in this area. She will help you lead a higher quality of life.

Contact Helen at 435-640-3590 or heltopae@gmail.com



Randy Haas has an extensive fitness background with over 30 years of experience. He holds a BS degree in Exercise Science and is a Trainer, Golf Fitness and Weight Loss Specialist, certified through the National Academy of Sports Medicine. Prior to relocating to Park City in 2016, Randy owned and operated a fitness training business in Atlanta, Georgia, for 22 years. In addition, he was the lead trainer at Atlanta's Four Seasons Hotel Fitness Center for 19 years. Randy's focus is on functional fitness, with a well balanced, efficient and fun approach to help clients meet their goals, from everyday wellness to athletic endeavors.

Contact Randy at 770-833-3294 or ranhaasfit@gmail.com



Trent Hickman is a graduate from the University of Utah and certified ISSA Personal Trainer. He loves working and connecting with people in a effort to help them achieve their fitness and health goals. "the greatest part about what I do are the connections I make with people and being a part of the process as they accomplish their goals." Trent loves outdoor activities and of ALL kinds and competes in SUP racing.

Contact Trent at 801-558-9878 or parkcitysup@gmail.com

See reverse side for more trainers →



Jonas Machado is originally from Brazil but lives in Salt Lake City Utah with his Wife and their 5 month old son . He began his athletic career at a very young age competing in swimming, soccer, and basketball for his hometown Florianopolis, in Santa Catarina State in Brazil. With a bachelor of Physical Education and Sports Marketing at University of South of Santa Catarina, hundreds of hours in Extension Courses in Fitness, Physiotherapy and Nutrition, and certifications from NASM and IFBB, Crossfit Levels 1 and 2, and Crossfit Competitors Jonas knows how to explore and unlock people's potentials. He was the founder and head coach of PCBJJ, where he coached adults and kids in recreational and competitive jiu jitsu. He has a great knowledge in injury prevention and rehabilitation. His love for training and coaching only grows as he dedicates his life to fitness and helping people achieve their goals.

Contact Jonas at jonasm.fit@gmail.com or 385-209-5907



Janet Miller is an ACE certified fitness trainer with 20 years of experience. She came to the business as a competitive body builder but switched to bike racing, adventure racing & is still an avid cyclist. She enjoys helping anyone, athlete or "average joe", become a more fit, faster and better person both in & out of the gym.

Contact Janet at 435-640-5610 or janetmiller69@gmail.com



Jillian Vogtli is a two-time Olympian and 13 year member of the US Ski Team. Jillian focuses on helping you achieve balance; mentally, physically and emotionally, as well as the tools needed to sustain this balance. Jillian's workouts help clients achieve this goal through functional fitness, mindfulness techniques, strength training, flexibility, balance, cardiovascular fitness and group classes. Jillian invites you to experience mindful fitness through her body and soul wellness program.

Contact Jillian at 435-640-2645 or jillianvogtli@gmail.com



Faye Zamarin, a fitness professional for over 35 years her emphasis and enthusiasm is in functional health and wellness. Faye's passion is the promotion of spinal health and alignment, proper execution, nutrition and working out smart. Whether you wish to begin training or are a seasoned exercise enthusiast, she looks forward to helping you achieve your fitness goals!

Contact Faye at 435-513-0325 or faye@elignabar.com



Valerie Mey MS, RDN, CD is a Registered Dietitian Nutritionist and Certified in the state of Utah. She received her Masters from the University of Utah with an emphasis in Sports Nutrition. She is the owner and founder of Nutrition Breakthru that strives to encourage and educate individuals to *Breakthru* their old habits to make better lifestyle choices for optimal health, performance and wellbeing through nutrition. She has experience with nutrition counseling and presentations with various ages and health concerns. To include, youth nutrition programs, athlete fueling for performance, weight management, diabetes, osteoarthritis, gluten free diets, and recipe development. Her passion is to help individuals create a positive relationship around food and follow a diet they love to be healthier overall and perform to their best ability.

Contact Valerie at valerie@nutritionbreakthru.com