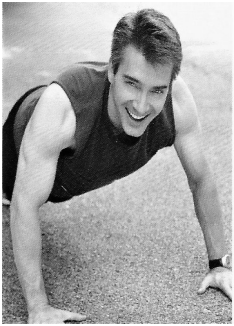




Elizabeth Brandon is a former UCLA track and field and crew athlete. She has a Bachelors in Science in Exercise Physiology from UCLA and a Masters Degree in Exercise Sciences from Athens University. She is certified and experienced in working with young athletes and has a great understanding and skills in how to prepare a young athlete to compete at an elite or collegiate level. She specializes in speed training, endurance, sports nutrition, injury prevention and recovery, core strength and unilateral training and conditioning. Her focus is on personalized training and coaching that addresses each client's personal goals, existing limitations - past injuries, and developing highly personalized training plans to help her clients achieve and surpass their athletic and health goals.

Contact Elizabeth at 435-729-0993 or elabrandon@yahoo.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



Kristin Lane Certified Corrective Exercise Specialist, Personal Trainer, Mountain Bike Coach, Ski Instructor. I consider myself a "Coach", rather than a "Personal Trainer" and I pride myself on communication and an ability to connect on multiple levels of my client's lives - not just fitness. I specialize in Functional Training, teaching clients how to move better and then move more often and with more efficiency - this works to improve enjoyment and quality of life. My clients are people who want to achieve better performance in skiing, cycling, or golf, individuals of all ages who are recovering from orthopedic surgery, or people who just want to finally learn "how" to workout. My ultimate goal of my work is for my clients to not need me - I am here to improve people.

Contact Kristin at 435-565-0511 or coachklane@gmail.com



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

