

Shannon Clawson



Shannon Clawson is a professionally certified Triathlon Coach with USA Triathlon. Her 10 plus years of experience in the fitness and nutrition industry include work in physical therapy, strength, conditioning with Seniors and performance specific athletic training. Shannon has trained a wide range of clients, from first time triathletes to record breaking swimmers. She enjoys teaching individuals how to properly recover following injury, maintain strength and fitness through aging and improve athletic performance at any age and in any discipline. Shannon is an avid cyclist and triathlete, competing in multiple events each year so she understands firsthand all aspects of preparation and competition. She is certified in CPT, USAT, TRX, SPIN, and CPR/AED.

-Call (801) 808-1276

Jennifer Cottam



Jennifer believes that each day holds an opportunity for growth. Her primary objective is to help you identify what you really want and find the best path to get you there. She moved from the corporate world to personal training because her passion lies in helping people change their lives. With a personalized plan, she will guide you toward your goals. Her relevant education includes Life Coaching with an emphasis in health and wellness, as well as certifications in Personal Training, Sports Nutrition, Yoga, Pilates and Holistic Nutrition. Through proper goal setting and motivation, she will show you how exercise is more than an hour at the gym; it is an attitude that affects every aspect of your life.

- Contact info available via business card in main hallway of CHRC

If no business card is present, Personal Trainer is assumed to not be accepting new clientele for the time being.



Tricia North

Tricia is a NASM certified personal trainer, along with multiple other personal training and group instruction certifications. She has loved working in the fitness industry for 20 years. Tricia enjoys teaching a variety of group fitness classes and helping others achieve their fitness and nutrition goals. She has trained a variety of individuals ranging from elite athletes to those leading a sedentary lifestyle. Her passion to see others succeed is why she chose to be a trainer. She studied exercise sport science at the University of Utah. Tricia has a passion for living a healthy and fit life. Through small and simple changes, you can achieve big goals!

- Contact info available via business card in main hallway of CHRC

If no business card is present, Personal Trainer is assumed to not be accepting new clientele for the time being.



Chrissy Scavezze

Chrissy has a passion for fitness and health! She grew up dancing and started teaching group fitness classes shortly after graduating high school. She has competed in a National Gym Association figure competition and plans to compete more in the future. She has enjoyed being in the fitness field for over 15 years now. She is CPR certified and has also been certified with AFAA. Currently, she is certified as a Personal Trainer with the American Sports and Fitness Association. Chrissy has completed many yoga trainings and is certified as a yoga teacher. Chrissy offers personal training and nutrition coaching, as well as, private yoga instruction. She loves to work with all types of clients from those training for fitness shows to senior citizens and everyone in between. Chrissy believes that being healthy and fit are key to living a long and happy life! Please contact Chrissy for a FREE assessment.

-Email chrissyscavezze@gmail.com, call or text (801) 556-8734



Sheila Benson

Are you interested in losing weight or toning up? Do you desire improved strength, posture, and flexibility? Do you have a medical condition that can be helped through physical fitness? If so, please contact Sheila Benson, experienced and AFFA certified personal trainer. Sheila assists clients of all ages to reach their fitness goals with certifications in Nutritional Fundamentals, first aid, and CPR. Sheila effectively engages her clients to achieve their fitness goals through her enthusiastic and client-centered approach.

- Call or text (801)-556-2831



Angie Mehrely

Angie is certified as a Personal Trainer and has also been certified in TRX, Silver Sneakers, and CPR. Angie teaches a variety of group classes including Boot Camp, Kick Boxing, Muscle-Up, Pilates, and TRX. During her years of experience, Angie has had the opportunity to work with a wide range of clients, including competitive athletes and those stepping into the gym for the first time. If you are looking to create a stronger and healthier body, feel better, have more energy, and improve your sleep, Angie can help you achieve your goals. When we choose to change our lives for the better, we help change the lives of everyone around us. Angie's ultimate goal is to help you become the best you can be. Whether you are just starting down the path of a healthier lifestyle, recovering from an injury, or just want to up your game, Angie can help you succeed! **STAY STRONG!**

- Call (801) 916-7091



Meg Miles

Meg Miles is a pediatric nurse, ACSM certified personal trainer, business owner of Momstrong, athlete, wife, and mother of two. She is passionate about nutrition, fitness, and continual education. Her life and business is committed to empowering women through health and wellness and helping them find confidence in their own skin. She believes health looks different on every client and the most important growth starts from the inside out. If you are looking for sustainable results, lifestyle changes, an increased level of motivation, and ready to work hard and commit to yourself and your goals, she will help you on your way. Through your experience with Meg, you will find greater confidence- not just in the gym and living a healthier lifestyle, but in every aspect of your life.

Email her at momstrongutah@gmail.com for personal training / virtual training inquiries or find more of what she offers on Instagram at [@momstrongutah](https://www.instagram.com/momstrongutah) or her website at www.momstrongutah.com

Personal Trainers are Independent Contractors with the Cottonwood Heights Parks and Recreation Service Area, and as such, their business and services are not endorsed, sponsored by or done in partnership with CHPRSA.

Individual profiles are written and provided by Personal Trainers.

Contact information is either on the respective bio or available via their business cards, located in the main hallway at CHRC.