Personal Training

Information
Below are the biographies and contact information for the Personal Trainers who work with Provo Recreation Center. The trainers set their own prices and their own appointments. They are all fantastic, certified personal trainers and have gone through a thorough audition process with our Fitness Coordinator.

Training sessions take place at The Fieldhouse located at the Peaks Ice Arena.
LEXIE HILL

NASM Certified Personal Trainer, Group Instructor

ABOUT LEXIE...

Lexie is a NASM Certified Personal Trainer. As a senior in high school, she was nominated to run the 2002 Olympic Torch for the Salt Lake City games. So, training and instructing classes inside the Peaks Ice Arena hits close to home and delivers all the feels!

It was in her high school’s weight training class, surrounded by football players, that Lexie learned to lift. She’s been in love with strength training—and fitness in general—ever since, and especially loves Bench Press and Barbell Hip Thrusts.

Lexie believes everybody is an athlete and deserves the best, strongest, and healthiest version of their body. She’s most passionate about body composition changes and the personal growth—determination, devotion, discipline, patience, humility—that develops throughout the process. She knows the fitness lifestyle improves the person as much as it strengthens the body, and she’s pumped to work alongside you and connect on that personal level as you reach your fitness goals! Follow her on instagram @lexwillardhill for fitness insights, know-how, and inside information! #everybodyanathlete

Contact: 385-335-3250
RACHEL HONE

ACE certified personal trainer and group fitness instructor. Sport conditioning & nutrition: HIIT & weight focused.

ABOUT RACHEL...

Rachel has rheumatoid arthritis and multiple sclerosis. She knows how important it is to take care of your body and keep it strong, so it can keep moving and working for you throughout your life.

She loves helping people realize that they can; They can lift more, push harder, be better and achieve the things they want. It's so much fun for her to watch them get the results they want! Rachel instills this in those that are willing & helps them achieve all the amazing results they want!

Teaching Insanity & Fieldhouse Fitness classes is one of her outlets for helping people. Her passion is in HIIT style workouts; it's how she started & how she's been able to manage her health. Because of her health she knows when to push & when to back off. Listening to your body is key.

If you want to work with someone that truly understands you and knows when to push you...and really... someone who won't take any excuses but who will help you feel empowered - she's your girl!

honerc@gmail.com
801-318-0483 (text is best)
HANNAH ADKINS

ABOUT HANNAH...

Hannah has been a NASM CPT and Fitness Instructor for four years, and an ACE Sports Nutritionist for two.

Believing that your workout is all about you, Hannah strives to create programs based on the needs and desires of her clients while striving to make their time with her effective and fun. She loves watching clients progress and achieve their goals by inspiring them to give their very best during each workout. She will always be your biggest cheerleader.

Hannah combines weight lifting, cardio, and functional fitness formats to give clients the best workout possible in the time frame they desire. She believes that everyone can exercise regardless of gender, age, time restraints, or modifications needed. Exercise is more than just gaining an ideal body; it is the way to give yourself a new life.

hannahtrainer@outlook.com
801-361-5280 (text is best)
MARIA JENSON

NASM-Certified Personal Trainer, Fitness Nutrition Specialist; RRCA Running Coach, yoga teacher, PiYo instructor

Maria Jenson is a displaced southern girl who’s learned to love the Rocky Mountains. She is a self-professed outdoor enthusiast to be found on any trail near or far. Maria started running as a young teen and never stopped. She regularly has a marathon or two on the docket.

Personal health challenges fuel Maria’s drive to find solutions for every body. She meticulously cares for her own blood sugar, muscles and mind. Maria understands the importance of riding the edge of your comfort zone in order to find results; including physical training, diet and mental training.

The challenge of managing risk while fulfilling dreams is a space Maria thrives in. Physical fitness transforms lives for the better. Maria will help you master physical and mental skills that lead to astonishing achievements and empowering self-mastery. Maria firmly believes that you can find the athlete inside you; and that athlete is a ROCK STAR!

If you want to lose weight, get stronger, faster and train hard with Maria contact her at

mariarosejenson@gmail.com
801-919-5428
CODY JACOX

NASM Certified Personal Trainer, Group Instructor

About Cody…

Cody is a NASM Certified Personal Trainer. Studying to be a Physical Therapist, he is extremely knowledgeable about the body and how to coach you to achieve your goals. He thrives in the gym as an avid lifter and dedicates himself outside the gym to healthy eating and an active lifestyle.

He is well versed in corrective muscular exercises to put your body into balance and start building muscle, feeling stronger, losing that unwanted weight and looking great.

If you want a fun, motivating trainer to help you on your journey to a stronger, healthier, happier you, Cody is your guy.

codyjacox@gmail.com
979.218.4428
JENESSA CURTIS
NASM, CFSC, and Smart Fit Certified Personal Trainer, Group Instructor

About Jenessa…

Jenessa has been a trainer for over 2 years, and has played sports throughout her whole life. She has experience in Soccer, Basketball, Football, Track, Softball, and all of the other sports she likes to still play as hobbies. She is a Certified Functional Strength and Conditioning Coach, a Personal Trainer through National Academy of Sports Medicine, and Smart Fit certified. Jenessa started her fitness journey as a 5 foot tall, 90 pound girl that would get pushed around in sports and has transformed herself into a 5 foot tall 120 pound brick wall. She is a huge advocate on lifelong learning, so she is always researching and learning how to give her clients that extra edge. She specializes in enhancing athletic performance, muscle gain, strength training, fat loss, and injury prevention and has trained people anywhere from 12 to 76 years old. She has helped clients lose unwanted weight, get stronger and put on lean muscle mass, become more functional, have more energy, alleviate aches and pains, become free of diabetes, and the list goes on. Her goal as a trainer is to help her clients not only become physically strong but also mentally and emotionally strong. She believes that what we do in the gym converts over into our everyday life. Her goal as a trainer is to help her clients reach their goals, become confident in the gym and in themselves, and ultimately help them grow and improve in every aspect of their life. She hopes to do this by motivating them, and supporting them through their journey. To learn more check out her Facebook page: ARETA Fitness. To set up a Free Consultation contact Jenessa today!

aretafitness@gmail.com
801-919-7388
JARED PEREZ

Certified Personal Trainer
Strength & Conditioning Coach
Sports Performance Specialist
Group Fitness Instructor

With over eight years of personal training experience, Jared is extremely passionate, happy, and grateful to assist those that he trains to perform at their very best. He strives to help each one of his clients recognize that they are capable of becoming better everyday. Through his words and actions, Jared also makes every effort to motivate his clients to be dedicated inside and outside of the gym. Likewise, he has continuously proven to go above and beyond to let his clients know how much he truly cares about their personal well-being and success. Being able to witness those that he trains achieve their personal goals brings Jared tremendous joy. He firmly believes in the value of goal setting accompanied with consistent training that will enable his clients to become better physically, mentally, emotionally, and spiritually. With motivation and accountability, Jared promises to devote his full effort and attention towards helping his clients in their journey to live a healthy and successful lifestyle.

Él habla español.

“The difference between the impossible and the possible lies in a person’s determination.”

jmp-3@hotmail.com
916-223-5702
Instagram - @perez.life
About Spencer…

Spencer got into fitness and working out in 2014, mostly as an experiment. As a total nerd, he loved science and research but didn’t have an athletic bone in his body…or so he thought. Starting out underweight, in 5 years he put on over 45 lbs of muscle, something that he thought was impossible for somebody like himself. Through constant practice and consistent eating and training, he found a way to maintain a high level of fitness and also enjoy a maintainable, satisfying lifestyle.

Spencer has been a certified personal trainer since 2017, and has been a certified sports nutritionist for a number of months. He loves getting to meet and work with new people. Ranging from people who just want a few fitness tips on maintaining a healthy lifestyle, or to fitness freaks who are trying to max out their muscle gains and fat loss, he is totally available to help you meet your goals. He is excited about fitness and about life and would love to share that with you!

Whether you’re looking for some serious training or if you’re just curious, give him a call!

spencerbarlow12@gmail.com
571-459-9119
Devin Winstanley
NASM certified Personal Trainer, Group Fitness instructor

About Devin…
Devin grew up with a very active lifestyle, from basketball to kayaking, Devin always wanted to push himself and see his limitations disappear. He was introduced to the gym as a freshman in high school and it became a huge part of his life. He began writing workouts for his friends and teammates and through experimentation began to understand the human body better. After moving to Hawaii he got a job at a local gym and fell in love with weight training. In college Devin decided to become a certified personal trainer and challenge his knowledge. Now, after completing the NASM course, he is excited to combine what he learned with his own experience to give you the best, most challenging and fun workout you’ve ever had.

Devin believes that with the right goals, education and work ethic, you can transform your body and life in any way you want. Devin will provide education, help you set goals, and keep you accountable!

Devin has participated in collegiate sports, ran a marathon, trained with a bodybuilder and is committed to helping you reach your goals whatever they may be. If you are ready to make a change in your life, Devin can help, physically, mentally and spiritually.

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INstagram- @lv_xiii_training

“If you can dream it, you can achieve it”