



Audrey Lee
ISSA Certified Fitness Trainer

Audrey Lee is a wellness coach providing fitness and sport-specific training and nutrition counseling. She has an Exercise Sport Science PhD from the University of Innsbruck, and a Master's Degree in Nutrition from the University of Utah. Audrey's passion is integrating the mind and body connection into her coaching to help people find balance and reach their highest potential. Audrey specializes in yoga, water aerobics, boot camp, and trail running.

TO BOOK A SESSION WITH AUDREY CALL (435) 615-8035

