

Jason Lobaugh CPT



Jason brings a powerful mix of discipline, leadership, and a passion for fitness to the Quail Creek community. A retired Portland Police Officer and current franchise owner of Workout Anytime, he has over 10 years of experience in personal training and gym ownership.

- Specializes in fitness for active adults, focusing on strength, mobility, and energy.
- Creates approachable programs that balance strength, flexibility, and endurance.
- Coaching style is steady, supportive, and accountability-driven, shaped by his law enforcement background.
- Expert in helping clients:
 - Stay strong and independent with age
 - Improve balance, mobility, and overall fitness
 - Build sustainable wellness routines

letsgetyoufit014@gmail.com
541.640.9477

Pricing

Complimentary Consultations

Individual Sessions:

55 Minutes - \$60

30 Minutes - \$40

Partner/Couple Sessions:

55 Minutes - \$80



Personal Training

1520 North Wigeon Lane
Green Valley, Arizona 85614

Dr. Laura McMurtry



Dr. Laura McMurtry, PharmD, CDE, NASM CPT, CF L1/L2, RYT 200 Yoga Instructor, BLS/CPR/AED, SSC, Certified RSB Coach, OS Certified

With over 25 years of experience, Dr. Laura McMurtry has been a personal trainer in Quail Creek since February 2019. She began her journey at Anza Fitness Center

Laura specializes in:

- Functional movement and corrective exercises
- Flexibility, golf, pickleball, and tennis fitness programs
- Group fitness and movement disorders
- Mobility and CrossFit
- Pre- and Post-rehabilitation training
- Wellness and nutrition

laurastevedec2020@gmail.com
520.548.2358

Steve McMurtry



Stephen McMurtry, CPT, BLS/CPR/AED, Certified RSB Coach, OS Certified

Steve has been a personal trainer in Quail Creek since August 2021.

His background includes:

- Rodeo athlete (bulls and broncs)
- University of New Mexico rugby player
- OCB all-natural bodybuilder (Mr. Southwest, 2nd in Masters at age 50)

Steve specializes in:

- Strength and mobility training
- Sports fitness programs
- Movement disorders
- Pre- and Post-rehabilitation training

laurastevedec2020@gmail.com
480.881.3464

Sharon Ryan



Sharon Ryan ISSA CPT, CPR/AED, Certified RSB Coach

With over 20 years in social services, Sharon has dedicated her career to helping seniors and individuals with developmental disabilities live independently. Now, she's bringing that same passion to the world of fitness as an ISSA-certified personal trainer and group fitness instructor. Her athletic background includes college basketball, coaching, officiating, youth camp coach, weightlifting, and CrossFit.

Sharon specializes in:

- Functional fitness
- Group fitness
- Weight training/Kettlebells

sharondref@msn.com
520.861.1186