



Water Aerobics



Lehi Legacy Center
123 N Center St.
768-7124

LEHI LEGACY CENTER WATER AEROBICS

Looking to increase your cardio respiratory and muscular endurance levels?

Summer '09 Aqua Aerobic Schedule - Effective June 1, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Deep Jenn	Shallow Susan	Deep Jenn	Shallow Susan	Deep Jenn	
7:00 AM	Sr. Fitness Leisure Heidi		Sr. Fitness Leisure Rochelle		Sr. Fitness ACT NOW Natalie	8:00 am Shallow Amanda/Apryl

*Classes will be in the lap pool, unless otherwise noted. Legacy Center membership or daily fee required.

OUTDOOR POOL – 451 East 200 South – Summer Aqua Aerobic Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM	Deep Tina	Shallow Lisa	Deep Emily	Deep Rochelle	Deep Tina	
7:00 PM	Deep Emily	Shallow Natalie	Deep Apryl	Shallow Danielle		

**Classes maybe canceled due to weather. Legacy Center membership, Outdoor Pool membership or daily fee required.

CLASS DESCRIPTION ON BACK

*sign-up and check-in required at front desk

Schedule subject to change without notice

Each class is designed to maximize results while enhancing physical and mental fitness levels.

×QUICK FACTS

What.....Aerobic Classes

Where.....Lehi Legacy Center (Pool)

Who.....All Welcome!!!

FeesMember.....Free

Non-Members...\$3

***MORNING CLASSES ARE MEMBER ONLY CLASSES (5am-8am)**

INFORMATION

For more information contact Legacy Front Desk @ 768-7124

Effective June 2, 2008