Land Aerobics

LEHI LEGACY CENTER
LAND AEROBICS

****Legacy Center** - Group Exercise Schedule - Effective April, 16, 2012**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	***MUSCLE MIX** Tina		***PUMP** Lezlie		***MUSCLE MIX** Nita	
No. Gym 5:00AM			Turbo Kick Tina			
Aero. Rm 6:00 AM	RIPPED Tasha	***MUSCLE MIX Tina**	ZUMBA Kris	***MUSCLE MIX Rachel**	RIPPED Tasha	**7:00 AM** Turbo Kick **Aero. Room Kristi**
No. Gym 6:00 AM	Turbo Kick Tina	hip hop Hustle Chelsi		Turbo Kick Tina	**JUMP & CRUNCH** Marci	**8:15 AM MUSCLE MIX Aero. Room Amy**
* MP#1 6:00AM		**SUNRISE YOGA** Multi-purpose room #1 **Cami**	**PiYo** Multi-purpose room #1 **Selana**	**SUNRISE YOGA** Multi-purpose room #1 **Cami**		
9:00 AM	**1/2 HOUR AB ATTACK** Carrie				**1/2 HOUR AB ATTACK** Melanie J.	**9:20 AM** ZUMBA **Aero. Room** Jessica
9:30 AM	**KICKBOX COMBO** Carrie	***MUSCLE MIX** Chelsi	**STEP CARDIO** Amanda	***PUMP MIX** Aimee	**CARDIO CIRCUIT** Melanie J.	
9:30 AM	***TREAD & ABS** Lezlie		***TREAD & STRETCH** Mia			
9:30 AM	**KID FITNESS**** Melanie B.	**KID FITNESS**** Jessica	**KID FITNESS**** Melanie B.	**KID FITNESS**** Melanie B.	**KID FITNESS**** Jessica	
10:35 AM	**SENIOR FITNESS** Susan	**SilverSneaker® Muscular Strength** Susan	**SENIOR FITNESS** Amanda	**SilverSneaker® Muscular Strength** Amy	**SENIOR FIT** ZUMBA Jessica	
6:00 PM	hip hop Hustle Heidi		**Adaptive Zumba** Angela			
7:00 PM	***PUMP** Aimee	**JUMP & CRUNCH** Aimee	***MUSCLE MIX** Britanny	Turbo Kick Katie		
8:00 PM	**YOGA I/II** Amara	**YOGA I** Susie	**PiYo** Heidi	ZUMBA Libby		
9:00 PM		ZUMBA Callie	ZUMBA Katy			

Back-to-Back classes are 55 minutes long. The Senior classes are 45 minutes classes

INDOOR CYCLING SCHEDULE - All classes are held in the Cycling Room. A pass is required

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM		Danny	Nita	Nita		** 7:00AM Danny
6:00 AM	Jenn				Greg	
8:15 AM		Susan	Brooke	Carrie	****1 1/2 hour cycling class** 1st Saturday of the month 6:30 am to 8:00am; and 4th Thursday of the month 6:30 pm to 8:00pm	
9:30 AM						
6:00 PM	Lari		Jenn			
7:00 PM		Susie		** Lari		

CLASS DESCRIPTIONS ON THE BACK

* **Fee and/or check-in required at front desk**

Schedule subject to change without notice

×QUICK FACTS

What ..... Aerobic Classes

Where..... Lehi Legacy Center (Aerobic Room)

Who..... All Welcome!!!

Fees..... Member……..Free (*Kid Fitness - $2.50 1st child, $1.50 additional)

Non-Members…Aerobic Classes $3…..Cycling $3

***MEMBER ONLY CLASSES ARE FROM 5-8am and 9-11pm**

INFORMATION

For more information contact Legacy Front Desk @ 801-768-7124

Legacy Center

Lehi Legacy Center
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801-768-7124
www.lehi-ut.gov