Land Aerobics

LEHI LEGACY CENTER
LAND AEROBICS

Group Exercise Schedule - Effective June 4, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	***MUSCLE MIX** Tina		***PUMP** Jenn		***MUSCLE MIX** Nita	
***No. Gym* 5:00AM**			Turbo Kick Kristi/Katie			
***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	
*** MP#1 6:00AM**		**SUNRISE YOGA** Multi-purpose room #1 **Cami**	**PiYo** Multi-purpose room #1 **Selana**	**SUNRISE YOGA** Multi-purpose room #1 **Cami**		**8:15 AM** **MUSCLE MIX** **Aero. Room** **Amy**
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** Carrie			
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 Yara	
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	
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
123 N Center St.
801-768-7124
www.lehi-ut.gov

Step Cardio	The Step is the base for this class while other heart-pumping activities will be incorporated (i.e., jump rope, sport drills, kickbox, etc.)
Cardio Circuit	Add variety to your workout with an alternating station of strength and cardio or intervals of cardio intensities. Guaranteed to work up a sweat.
*P.U.M.P.	Promoting Unlimited Muscular Potential – A total body sculpting class to increase lean muscle mass and burn fat using barbells for resistance. Types of training will include choreographed 4 minutes lifts, repetitions and circuit. **Check in is required for this class (a ticket will be given)**. 19 barbells are available.
*P.U.M.P. Mix	Same class format as above with cardio segments intertwined between sets. **Check in is required for this class (a ticket will be given).** 19 barbells are available.
*Muscle Mix	Increasing lean muscle mass is the benefit of this class. You will target each muscle group and work hard to reach failure with each set, all the while turning your body to a lean, mean, fat-burning machine with bursts of cardio. Equipment used: dumbbells, resistant tubing, stability balls & domes, medicine balls and gliders. ***A pass is required for this class.**
Jump & Crunch	Revisit your childhood memories as you burn 100 calories in less than 10 minutes of jump roping. This class will give you a base from which you will progress in time to longer jump roping segments. After roping, settle down to some ab work.
*Cycling	A 50-minues indoor cycling class simulated to an outdoor ride. Works the lower body and burns 500+ calories. You adjust the resistance to give you the ride of your life. ***Check in is required for this class (a ticket is given**). 19 seats are available. The first Saturday of each month is a 1 ½ hour class starting at 6:30am.
Tread	This class is done on the treadmill. Aerobic moves and combinations with intervals of walking, hill climbing, power walking and running will be implemented in this workout. The beginner, intermediate and advance students can control the intensity while performing the same moves as the instructor. **A pass is required for this class (a ticket is given).** 11 treadmills are available.
Ab Attack	Ab-solutely a great workout. This workout not only works the abdominal region, but also focuses on the whole core.
**Kid Fitness	****This class is a fee-based class. $2.50 for the first child, and $1.50 for each additional**. Your child will participate in large gross motor skills through exercise and learn to play games and interest with other children. Ages 3-6 can participate. Child must be potty-trained and behave well.
Senior Fitness	This 45-minute class is great for the young at heart. Low impact and strength conditioning exercises will be incorporated to improve everyday activities.
Silver Sneaker®	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.
Yoga/Sunrise Yoga	Experience the mind and body connection with this art. In this class you will be guided through poses to increase breathing, strength, balance, flexibility and relaxation. These classes are multi-level. **Sunrise Yoga** What a way to wake up and jump start your day with strengthening and lengthening your body, so you will feel energized for the rest of the day.
Piyo™	This class is for those who color outside of the lines! It's the perfect fusion equaling strength building, rhythmic movement and power with a foundation in Pilates and yoga that burns calories while transforming the body. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced, either way, you'll get results. Relax & Stretch? No Thanks.
TurboKick®	The hottest kickboxing class around! TK combines athletic moves, sports drills, hip hop flavor, & so much more. Take kickboxing to the next level and burn MEGA calories! This class is for every level.
*Zumba®	Zumba is a latin-based dance fitness class. It uses authentic Latin music and moves. It has become one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits. FUN!! FUN!! FUN!! * **A pass is required to take the class.**
Zumba Gold®	Same class description as above, only this class is perfect for seniors, pregnant women, new participants or participants recovering from injuries.
Kick Box Combo	This class incorporates traditional kickboxing moves with intervals of sport drills, cycling, running and sculpting. Kicking and punching against a free-standing bag allows you to burn more calories. Gloves are provided but we strongly encourage you to purchase your personal set.
R.I.P.P.E.D. ™	Resistance. Interval. Power. Plyometrics. Endurance. Diet. If you are looking to lose pounds and inches, increase your metabolism, sculpt lean muscles, improve your cardiovascular performance, feel you energy and strength go through the roof, and have a blast doing it, you've gotta come to this class.
Hip Hop HUSTLE™	Burn up the dance floor and burn calories too! Hip Hop HUSTLE™ blends hip hop and dance moves, making them simple and easy to follow! Anyone can do this! This workout feels more like a night on the town than exercise. Drop the pounds and get rapid results while you dance, dance, dance!