



# 3 Hour Endurance Ride



Lehi Legacy Center  
123 N Center St.  
801- 768-7124

## LEHI LEGACY CENTER 3 HOUR ENDURANCE RIDE

*Must Pre-Register!*

*Are you looking for a way to get into shape?*

This work out is designed to build your body's aerobic energy system and increase your overall endurance capabilities. The benefits include:

- Large number of calories burned
- Working aerobically to maximize fat burning
- Increased respiratory endurance
- Larger stroke volume from your heart

The pace during the workout is moderate with an average heart rate between 70-85% of max and remaining in the aerobic zone. The ride will also prepare you to ride longer and stronger outside. The bottom line is that this ride is for everyone!

### × QUICK FACTS

- What..... 3 Hour Endurance Ride
- Where..... Aerobic room
- Who ..... Anyone 16yrs & Up
- Date..... October 14, Nov. 18, Dec. 16, Jan 20, Feb. 17, & March 16
- Time..... 5pm
- Fee ..... \$8 per person per session
- Includes..... 3 hours of endurance riding!

### REGISTRATION

**Must Pre-Register** – The Tuesday before class starts  
Come to the Legacy Registration back offices Mon-Fri 8am-6pm  
OR [www.lehi-ut.gov](http://www.lehi-ut.gov)

### INFORMATION

For more information call Legacy Front Desk at 801-768-7124

If you like indoor cycling and just want to burn some extra calories, if you want to start cycling more outside, or if you just want to keep the cycling miles up over the cold weather months.

It's vital to keep your body fueled and well hydrated during a ride of this length. Be sure to bring along two large water bottles and some form of fuel for our muscles. i.e. energy bars, energy gels, banana, etc.



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Post Until 03/16/12