



Turkey Jam

LEHI LEGACY CENTER TURKEY JAM November 24, 2011

Come enjoy a great workout and eat guilt-free later that day!!!

Do you want to work out before that big turkey dinner? Then come to the Legacy Center for great classes and a great workout!

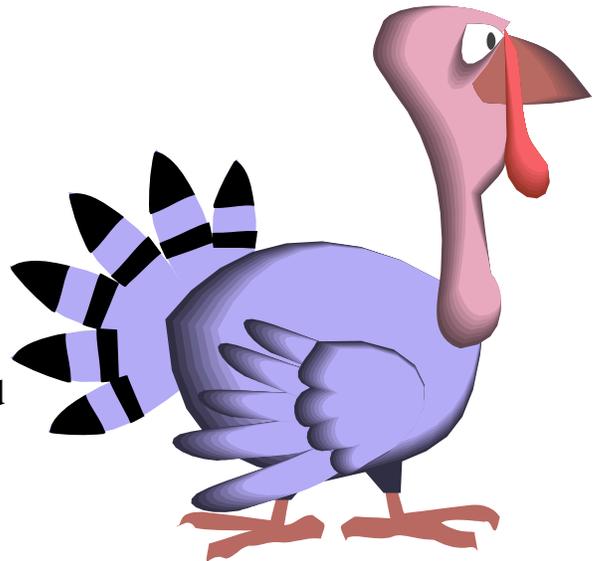
Basketball courts will be closed. Participants must be in the facility doors before 8am to participate in any or all of the classes. At 8am, the doors will be locked.

Classes Offered

- Boot Camp Circuit**
- Zumba/Turbo Kick**
- Yoga**
- Muscle Mix**

- Cycle** *(sign-up required)* begin 11/21 @ front desk, space limited*
- Tread** *(sign-up required)* begins 11/21 @ front desk, space limited*

*There will be two 40-minute rotations for the Cycle and Tread classes.



×QUICK FACTS

- What..... Turkey Jam
- Where..... Lehi Legacy Center
- When..... Thanksgiving Morning, November 24, 2011
- Who..... 14yrs & Older
- Time 8:00am – 9:30am
(Must be in facility by 8:00am **SHARP**, doors will be locked)
- Fee..... \$3 with a can food donation
Legacy Center Members Free with a can food donation

REGISTRATION

Sign-ups required for Cycling and Tread Classes. Sign-ups begin Monday November 21st, at the front desk. Spaces limited!

INFORMATION

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



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