



# Women on Weights



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

## LEHI LEGACY CENTER WOMEN ON WEIGHTS 2012-2013

*Are you looking for a way to get into shape?  
Sign up at the Legacy Center Now!*

This class will provide the proper guidelines necessary to make changes in your fitness level. This course lasts for three months, during which time you will be taught different techniques of strength training. The first week will be geared to finding out where your fitness level is through different assessments, including strength, flexibility, cardiovascular and body fat.

Attending this class regularly will help you integrate the healthy lifestyle fundamentals into your life, but only you can make a difference.

You will see positive results, meet new people with similar goals in mind, and find joy in exercising. Come see for yourself.



### ×QUICK FACTS

- What..... Weight Training
- Where..... Legacy Center Weight Room
- Who ..... Legacy Members Only
- Sessions ..... **2012 WOW Schedule**  
**Session V Sept 4<sup>th</sup> – Nov 30<sup>th</sup> Tues & TH 10:30-11:30am**  
**Session I Jan. 8 - March 28 T & TH 10:30-11:30am**  
**Session II April 9 - June 27 Tue & Thur 10:30-11:30am**
- Fee ..... \$140 for each session (**non-refundable**)  
 \$115 (resident discount) for each session (**non-refund.**)

### REGISTRATION

See above for starting registration dates registration office open Mon-Fri from 8am-6pm

### INFORMATION

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



[www.lehi-ut.gov/legacycenter](http://www.lehi-ut.gov/legacycenter)



Post Until 05/01/12