



Women on Weights



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

LEHI LEGACY CENTER WOMEN ON WEIGHTS 2012

*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 III March 26-June 20 Mon & Wed 8 pm
(Reg. begins now) **No class 4/11 & 5/28**

Session IV March 27- June 14 Tue & Thur 9:30 am
(Register now) **No class 4/12**

Session V Sept 5- Nov 28 Mon & Wed 8 pm (Reg. begins Aug 6th) **No class 10/31 & 11/22**

Session VI Sept 4- Nov 20 Tue & Thur 9:30am (Reg. begins Aug 6th)

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

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Post Until 05/01/11