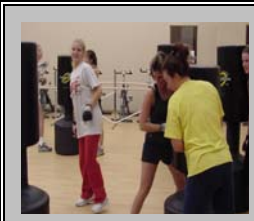

Water Aerobics

LEHI LEGACY CENTER
WATER AEROBICS

Looking to increase your cardio respiratory and muscular endurance levels?

Aqua Aerobic Schedule- Winter 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	**ACT NOW** **Deep** Susan		**ACT NOW** **Deep** Susan		**WET N WILD** **Deep** Jenn	
7:00 AM	**Sr. Fitness** **Gentle Waves** Susan		**Sr. Fitness** Rochelle		**Sr. Fitness** **ACT NOW** Dena	**8:00AM** **NEW!!** aqua ZUMBA **Shallow** Natalie A.
9:00 AM	**ACT NOW** **Deep** Susan	**ACT NOW** **Shallow/Deep** Rochelle	**WET N WILD** **Deep** Chelsi	**DEEP INTERVAL** **Deep** Amanda	**AQUA FIT** **Deep** Katy	
7:00 PM	**AQUA FUSION** **Deep** Emily	**AQUA JAM** **Shallow** Natalie E.	aqua ZUMBA **Shallow** Angela	**AQUA JAM** **Shallow** Danielle		

*Classes will be in the lap pool, unless otherwise noted. Legacy Center membership or daily fee required.

CLASS DESCRIPTION ON BACK

Schedule subject to change without notice

Each class is designed to maximize results while enhancing physical and mental fitness levels.

×QUICK FACTS

What.....Water Aerobic Classes
Where.....Lehi Legacy Center (Pool)
Who.....All Welcome!!!
Fees .....Member……..Free
Non-Members…$3

***MORNING CLASSES ARE MEMBER ONLY CLASSES (5am-8am)**

INFORMATION

For more information contact Legacy Front Desk @ 768-7124

Effective June 6, 2011

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

ABC	Aquatic Body Conditioning. Buoyancy supported water exercise. Includes aerobic conditioning and utilizes water resistance and fun equipment for increased muscle strength and toning. This class is held in the deep end of the pool.
ACT Now	Get into the ACT…Aquatic Conditioning and Toning. Super-sized cardio intervals. It is fun, fitness and water all in one. All levels of fitness are encouraged to come.
Aqua Jam	This multi-level workout is easy on the joints while providing the benefits of a mid to high intensity workout. A cardio component and variety of equipment is used to strengthen and tone from head to toe. This class is held in the shallow end of the pool.
Wet n Wild	101 exciting ways to move in the water. Strengthen and tone muscles while providing a great cardiovascular workout. This class is held in the deep end of the pool.
Gentle Waves	This class combines low intensity cardiovascular exercise, muscle strengthening and stretching through a full range of motion.
Interval TX	Interval Training! A calorie-burning water class designed for people with the goal of weight loss and a desire to increase their cardiovascular strength. Exercise in a positive environment. Intervals will be cardio infused moments of high intensity bouts of cardio and strength segments. This class will utilize both shallow and deep ends of the pool.
Aqua Fusion	This class combines mid to high intensity cardiovascular exercises in both the shallow and deep ends of the pool to give a total body workout that will increase endurance, muscle tone and strength.
Hydro Mania	Rise and shine Saturday morning for water Mania! This is a great workout combining the best of cardiovascular work with challenging strength at the end. This class will get your weekend off to a great start!
Aqua Zumba®	Jump into the latin-inspired, easy-to-follow, calorie burning, dance fitness-party that makes workout a splash! This class is done in the shallow end of the pool. Please wear aqua shoes.