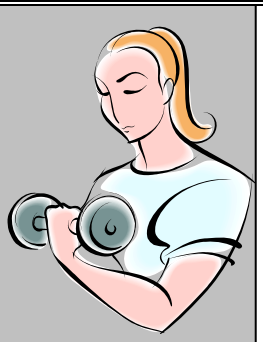

Women on Weights

LEHI LEGACY CENTER
WOMEN ON WEIGHTS
2013-2014

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 ..... **2013 WOW Schedule**
Session III Sept 3rd – Nov 21st Tues & TH 10:30-11:30am
Session I Jan. 7 - March 27 T & TH 10:30-11:30am
Session II April 1 - June 26 Tue & Thur 10:30-11:30am (No classes April 8 & 10)
Fee ..... $145 for each session **(non-refundable)**
$120 (resident discount) for each session **(non-refund.)**

REGISTRATION

Registration begins two months prior to session start date.
Mon-Fri from 8am-6pm

INFORMATION

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

Post Until 05/01/13

Legacy Center

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

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