



# Women on Weights



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

## LEHI LEGACY CENTER WOMEN ON WEIGHTS 2014-2015

*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 ..... **2014 WOW Schedule**
  - Session III Sept 2 – Nov 20 Tues & TH 10:30-11:30am**
  - Session I Jan. 6 - March 26 Tues & TH 10:30-11:30am**
  - Session II March 31 - June 25 Tue & Thur 10:30-11:30am (No classes April 7 & 9)**
- 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



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

