LEHI LEGACY CENTER
WATER AEROBICS

Looking to increase your cardio respiratory and muscular endurance levels?

Legacy Center Water Aerobic Schedule- Effective September 8, 2015

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	**ACT NOW** **Deep** **Susan**		**ACT NOW** **Deep** **Susan**		**WET N WILD** **Deep** **Dena**	
7:00AM	**Sr. Fitness** **Leisure** Susan		**Sr. Fitness** **Leisure** Rochelle		**Sr. Fitness** **ACT NOW** Dena	**8:00 AM** **H2GO** **Shallow** Danielle
9:00 AM	**ACT NOW** **Deep** **Susan**	**ACT NOW** **Shallow/Deep** Rochelle	**WET N WILD** **Deep** Dena	**DEEP INTERVAL** **Deep** Amanda	**AQUA FIT** **Deep** Heidi B.	
7:00 PM	**DEEP INTERVAL** **Deep** Heidi S.	**AQUA BLAST** **Shallow** Danielle	**ACT NOW** **Shallow/Deep** Danielle	**ACT NOW** **Shallow/Deep** Leslie		

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

CLASS DESCRIPTIONS ON THE 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!!! All fitness levels, ages 14+
Fees..... Member……..Free
Non-Members…$3

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

INFORMATION

For more information contact Legacy Front Desk @ 801-768-7124

Post until May 29, 2015

Water Aerobics

Legacy Center

Lehi Legacy Center
123 N Center St.
801-768-7124
www.lehi-ut.gov

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 deep and shallow ends 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.
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 or strength segments. This class will utilize the deep end of the pool.
Aqua Blast	This class will challenge your perception of water aerobics! This class is a total body workout in shallow water at medium to high intensity--Start with a vigorous cardio segment, movements using a variety of equipment to improve strength and muscle tone, followed by stretching and cool down. Water fitness shoes recommended but not required.
H2G0!	Start your day out right! This class focuses on movements to improve your functional fitness. Movements in the shallow water designed to increase range of motion, cardiovascular endurance, strength, balance and coordination. Water fitness shoes recommended but not required.