

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 | |
| | Sr. Fitness Leisure Susan | | Sr. Fitness Leisure Rochelle | | Sr. Fitness ACT NOW Dena | 8:00 AM H2GO Shallow Danielle |
| 7:00AM | | | | | | |
| 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



Water Aerobics



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

Post until May 29, 2016

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| 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. |