

LEHI LEGACY CENTER WATER AEROBICS

Looking to increase your cardio respiratory and muscular endurance levels?

Legacy Center Water Aerobic Schedule- Effective January 1, 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 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	
7:00 PM		AQUA JAM Shallow 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, 2015

- 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.
- 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.