



WOMEN ON WEIGHTS

2026-2027

QUICK FACTS

WHAT Weight Training
 WHERE Legacy Center Weight Room
 WHO Legacy Center Members only
 WHEN See dates below
 FEES This fee is Non-Refundable.

REGISTRATION

Registration will start 2 months prior to the session start date.

Registration Deadline: Until Full

Register at the Legacy Center Registration Office during normal business hours or online at www.lehi-ut.gov/legacy-center.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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WEIGHT TRAINING

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 composition. Attending this class regularly will help you integrate healthy lifestyle fundamentals into your life. You will see positive results, meet new people with similar goals in mind, and find joy in exercising.

SESSION I

September 1 - November 19, 2026

Tuesday and Thursday

10:30 - 11:30 a.m.

Fee: Resident \$160; Non-Res \$190

Registration Begins July 1, 2026

SESSION II

January 5 - March 25, 2027

Tuesday and Thursday

10:30 - 11:30 a.m.

Fee: Resident \$160; Non-Res \$190

Registration Begins November 5, 2026

NEW!! Women on Weights II

March 30 - May 20, 2027

Tuesday and Thursday

10:30 - 11:30 a.m.

Fee: Pricing Coming Soon

Registration Begins February 30, 2027

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

www.lehi-ut.gov/legacy-center



REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.