



# GROUP EXERCISE

FALL/WINTER 2025-2026

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 A.M. Aero. Room	MEMBERS ONLY CLASSES	<b>PUMP MIX</b> Selena	<b>SPORTS CYCLE</b> Emily H.	<b>MUSCLE MIX</b> Jenn	<b>YOGA</b> Tasha	<b>STRONGER RX</b> Tina	
5:00 A.M. Cycling Room			<b>SPORTS CYCLE</b> Emily H.				
6:00 A.M. Aero. Room		<b>RIPPED</b> Tasha	<b>MUSCLE MIX</b> Jillian	<b>STRONGER RX</b> Tina	<b>KICK BOX</b> Tina	<b>SURGE FIT</b> Carly	
6:00 A.M. North Gym		<b>CARDIO FUSE</b> Rochelle	<b>HIGH</b> Emily J.	<b>HIGH POWER</b> Jillian	<b>BARRE</b> Raegan	<b>HIGH</b> Shandi	
6:00 A.M. MP #1			<b>POWER YOGA</b> Cami P.	<b>PIYO</b> Selena	<b>POWER YOGA</b> Cami P.		
6:00 A.M. Cycling Room		<b>INDOOR CYCLING</b> Jamie	<b>CYCLE &amp; CORE</b> Liz	<b>INDOOR CYCLING</b> Kristy	<b>SPORTS CYCLING</b> Liz	<b>INDOOR CYCLING</b> Kristy	
7:00 A.M. North Gym							<b>HIGH</b> Danielle
7:00 A.M. Cycling Room							<b>INDOOR CYCLING</b> Danny
7:00 A.M. Aero. Room							<b>MUSCLE MIX</b> Danielle
8:15 A.M. Aero. Room	PUBLIC FITNESS CLASSES	<b>KICK BOX</b> Tina	<b>PUMP MIX</b> Amanda	<b>STEP &amp; STRENGTH</b> Tina	<b>STRONGER RX</b> Tina	<b>BARRE</b> Carol	<b>SURGE FIT</b> Lauren/ Cami L.
9:30 A.M. Aero. Room		<b>*TRIPLE THREAT</b> Carrie	<b>* HIGH</b> Lorrie	<b>PURE STRENGTH</b> Danielle	<b>* HIGH</b> Aimee	<b>*BODY BLAST</b> Alysha	<b>ZUMBA</b> Cami J.
9:30 A.M. Cardio Room				<b>*TREAD &amp; STRENGTH</b> Carrie			
9:30 A.M. North Gym		<b>**KID FITNESS</b> Brooke	<b>**KID FITNESS</b> April	<b>**KID FITNESS</b> Suzy	<b>**KID FITNESS</b> Kristen	<b>**KID FITNESS</b> Suzy	
9:30 A.M. Cycling Room			<b>INDOOR CYCLING</b> Aimee	<b>INDOOR CYCLING</b> Deanna	<b>INDOOR CYCLING</b> Tiffany	<b>INDOOR CYCLING</b> Liz	
10:45 A.M. Aero. Room		<b>ZUMBA gold</b> Kara	<b>SILVERSNEAKER®</b> Classic - Aimee	<b>ZUMBA gold</b> Chelsea	<b>SILVERSNEAKER®</b> Classic -Aimee	<b>SENIOR FIT CHAIR</b> YOGA - Julie	
6:00 P.M. Aero. Room	PUBLIC FITNESS CLASSES	<b>WERQ DANCE</b> FITNESS - Jane		<b>MUSCLE MIX</b> Liz			
7:00 P.M. Aero. Room		<b>BARRE</b> Stefanie	<b>PURE STRENGTH</b> Danielle	<b>ZUMBA</b> Koreena	<b>STEPIT</b> Monta		
7:00 P.M. Cycling Room		<b>INDOOR CYCLING</b> Autumn	<b>INDOOR CYCLING</b> Deanna	<b>INDOOR CYCLING</b> Mikaela			
8:00 P.M. Aero. Room		<b>BREATHWORK RESET</b> Emily M.	<b>ZUMBA</b> Tricia	<b>YOGA</b> Sarah	<b>ZUMBA</b> Tricia		

\* Check-in required at the front desk.  
 \*\* Class has a fee of \$2.50 for the first child, \$1.50 for each additional child.  
 Youth ages 12 and 13 are welcome to attend fitness classes, but must be accompanied by an adult 18 or older. Participants must be at least 16 + for cycling classes. Unless noted, fitness classes are free to members. Non-Member Fee: \$4.50 per class. All classes are 55 minute classes.

**NO CLASS DATES:** Nov. 28 Limited Schedule, Jan 19- No Kid Fit, Feb. 16- No Kid fit **Other dates to be announced**

LEHI LEGACY CENTER  
 123 North Center Street  
 385.201.2000  
[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)

LEHI CITY RECREATION

REGISTRATION HOURS  
 Monday-Friday  
 8 a.m. to 6 p.m.  
 or register online.

Effective November 2025

<b>Body Blast</b>	This class is a variety of total body conditioning that involves both strength and cardio exercise. Designed to change each week to target all major muscles groups in a variety of ways. We utilize a mix of free weights, resistance bands, med balls, weighted bars, steps, and BOSU balls. It is suited for a beginner to a fitness fanatic- as you set your own bar for how hard you want to push!
<b>Muscle Mix</b>	Increasing lean muscle mass is the benefit of this class. You will target each muscle group and work hard to reach failure with each set, all the while turning your body to a lean, mean, fat-burning machine with bursts of cardio. Equipment used: dumbbells, resistant tubing, stability balls & domes, medicine balls and gliders.
<b>Yoga/Power Yoga</b>	Experience the mind and body connection with this art. In this class you will be guided through poses to increase breathing, strength, balance, flexibility and relaxation. These classes are multi-level. <b>Power Yoga</b> - Wake up and jump start your day by hitting every aspect of your physical fitness, while creating mindfulness, and awareness of your body. This class incorporates strength, flexibility, balance, power and endurance, so you will feel energized for the rest of the day.
<b>PiYo™</b>	PiYo™ is the perfect fusion of strength building, rhythmic movement and power with a foundation in Pilates and yoga that burns calories while transforming the body. It includes modifications, yet offers progressions to challenge the more advanced.
<b>Zumba®/Zumba Gold®/ Zumba®</b>	Zumba® is a Latin-based dance fitness class. It uses authentic Latin music and moves. This class offers easy-to-follow dance moves, and body-beautifying benefits.
<b>Zumba Gold®</b>	Same class description as above, only this class is perfect for seniors, pregnant women, new participants or participants recovering from injuries.
<b>Barre</b>	This group exercise class combines Pilates, yoga, dance and functional training to give you beautiful, sculpted, lean muscles – all without impact. GxBarre uses the back of a chair for balance, handheld weights and mats to challenge and condition your body.
<b>*HIGH Fitness</b>	HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks. There's no better way to describe it than "Body Sculpting Fun" Get Addicted to being fit!
<b>*Triple Threat</b>	Strength, Speed, Stamina. A total body and interval training workout using barbells, free weights, and body-weighted exercises while incorporating running, step and kick boxing drills to increase fat burning and muscle. This class will improve your strength, speed and stamina as each workout will be different.
<b>Stronger RX</b>	This class will have a focused total-body strength workout that will be repeated for 4-6 weeks. Each week the volume and intensity will steadily increase to focus on form, strength, and core stability. A variety of equipment will be used, including TRX, barbells and dumbbells. Workouts will be individually journaled.
<b>*P.U.M.P. Mix</b>	Promoting Unlimited Muscular Potential – A total body sculpting class to increase lean muscle mass and burn fat using barbells and dumbbells for resistance. Types of training will include choreographed 4 minutes lifts, repetitions and circuit. 19 barbells are available.
<b>Kickboxing</b>	In this class punching, striking and kicking combinations to a freestanding bag, will give you a great cardiovascular workout of both force and speed. It will improve your strength, aerobic fitness, coordination and balance. Gloves are provided, but we strongly encourage you to purchase your personal set.
<b>Senior Fitness/SilverSneaker®</b>	This 45-minute class is great for the young at heart. Low impact and strength conditioning exercises will be incorporated to improve everyday activities. SilverSneaker®- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.
<b>Fuse</b>	Is a full-body workout that blends elements of aerobics, kick boxing, resistance training, and core work. The fun music gives you the motivation to push through the choreographed cardio, toning, and ab tracks.
<b>R.I.P.P.E.D.</b>	Resistance. Interval. Power. Plyometrics. Endurance. Diet. If you are looking to lose pounds and inches, increase your metabolism, sculpt lean muscles, improve your cardiovascular performance, feel your energy and strength go through the roof, and have a blast doing it, you've gotta come to this class.
<b>Surge Fit</b>	Surge Fit is the energizing HIIT workout that will get results fast. High intensity cardio tracks that push fat burning systems into high gear are intertwined with high rep strength training that shapes your body for maximum results.
<b>*Tread &amp; Strength</b>	This class is done on the treadmill. Aerobic moves and combinations with intervals of walking, hill climbing, power walking and running will be implemented in this workout along with strength. The beginner, intermediate and advance students can control the intensity while performing the workout
<b>Sports Cycle</b>	Intervals of cycling with a mix of sport conditioning and strength drills.
<b>**Kid Fitness</b>	**This class is a fee-based class. \$2.50 for the first child, and \$1.50 for each additional. Your child will participate in large gross motor skills through exercise and learn to play games and interact with other children. Ages 3-6 can participate. Child must be potty-trained and behave well.
<b>High Power</b>	A combination class of 30 minutes High fitness cardio aerobics followed by 30 minutes of specific muscle focused strength training. It is a class that will require minimal equipment but maximum fun!!
<b>Pure Strength</b>	Get stronger & change your body composition with this strength focused workout. Quality reps, form and bridging the mind & muscle connection will be the focus of this class.
<b>High Low</b>	Is the sister format to the flagship HIGH. Offering impact progressions for every move, High Low is a steady state cardio workout tailored to the individual, by the individual.
<b>Step It</b>	Is a simplified, modernized, energized step aerobics program that has revolutionized the old-school step format. It is high energy, low impact fitness class. Each class incorporates toning/sculpting and choreography that makes every class feel like a party!
<b>Step &amp; Strength</b>	This class will combine cardio exercise using a step with various strength training exercises, alternating between high-intensity step sequences and bodyweight or weight resistance exercises using dumbbells, barbells, and other equipment. This will build both cardiovascular and muscle fitness in a single workout.
<b>Breathwork Reset</b>	This class will help release tension, anxiety, & stress & restore balance to your mind & body with Breathwork, meditation, & sound therapy. Bring yoga mat & eye mask to class.
<b>WERQ Dance Fitness</b>	This class is a cardio dance workout class based on pop and hip-hop music, designed to be fun and accessible for all fitness levels.
<b>Cycle &amp; Core</b>	This class aims to engage both the cardiovascular system through cycling and the core muscles to improve stability, balance, and strength.