



Adaptive Zumba



Lehi Legacy Center
123 N Center St.
801-768-7124

LEHI LEGACY CENTER ADAPTIVE ZUMBA

Every Wednesday at 6pm!

This class is designed and modified exclusively for patrons with disabilities of any age. These classes are fun, exciting, fitness movement parties with choreographed routines and upbeat music with a person with a disability in mind. They will enjoy a 45-minute class filled with dances to encourage fine motor skills, following directions and most of all, having a great time! The class will be broken up into segments of dance time, games that instill confidence

and focus, water breaks and a quiet time where we'll focus on more simple movements to balance the energy in class. There will also be a time out corner in the event that a student feels overwhelmed and needs to take a "time out" to rest or regroup. Our Zumba class for people with disabilities provides a positive and fun atmosphere for your family members that they'll look forward to each week and you will too.



×QUICK FACTS

- What Adaptive Zumba for Special Needs
- Where Aerobics Room
- Who Anyone with Special Needs (Guardian/Caregiver needs to stay at the Legacy Center)
- Date Every Wednesday night
- Time..... 6pm
- Fee Free for members- \$3 non-members

REGISTRATION

Pay at the Legacy Center front desk or show a valid membership

INFORMATION

For more information call Legacy Front Desk at 801-768-7124



www.lehi-ut.gov/legacycenter



Post Until 2013