



ZUMBA® GOLD

(ADAPTIVE)

QUICK FACTS

WHEREAerobic Room
 WHOPatrons with disabilities
 (Guardian/caregiver needs to stay at the Legacy Center during the class).
 DAYSWednesday nights
 TIME6:00pm - 6:50pm
 FEES\$3 per class, or FREE for Legacy Members.

ZUMBA® GOLD (Adaptive)

This class is designed and modified exclusively for patrons with disabilities of any age. These classes are fun and exciting fitness movement parties with choreographed routines and upbeat music with a focus on the needs of the class. They will enjoy a 50-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.



REGISTRATION

There is no registration for this class. You can pay the front desk the daily class fee of \$3 or scan your current membership card.

MORE INFORMATION



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



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LEHI LEGACY CENTER

123 North Center Street

385.201.2000

www.lehi-ut.gov/legacy-center



RECREATION

REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.