



WOMEN ON WEIGHTS

2016-2017

QUICK FACTS

WHAT Weight Training
 WHERE Legacy Center Weight Room
 WHO Legacy Center Members only
 WHEN See dates below
 FEES Resident : \$125; Non-Resident : \$170 for each session. 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 Back 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.



Like us on Facebook!
www.facebook.com/lehilegacycenter



Follow us on Twitter!
www.twitter.com/legacycenter

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 fat.

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

SESSION III

September 1 to Nov. 22, 2016

Tuesday and Thursday

10:30 a.m. to 11:30 a.m.

Registration Begins July 5

SESSION I

January 3 to March 23, 2017

Tuesday and Thursday

10:30 a.m. to 11:30 a.m.

Registration Begins Nov. 1

SESSION II

*March 28 to June 22, 2017

Tuesday and Thursday

10:30 a.m. to 11:30 a.m.

Registration Begins Feb. 6

* No class April 4 & 6

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.