



# GROUP EXERCISE

FALL 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 A.M. Aero. Room	<b>*PUMP MIX</b> Selena		<b>*MUSCLE MIX</b> Jenn	<b>INSANITY</b> Emily H.	<b>*TRX CIRCUIT</b> Tina	
5:00 A.M. Cycling Room		<b>*INDOOR CYCLING</b> Danny		<b>*INDOOR CYCLING</b> Nita		
6:00 A.M. Aero. Room	<b>RIPPED</b> Tasha	<b>ZUMBA</b> Kate	<b>*TRX CIRCUIT</b> Liz Dalley	<b>*SPORT CYCLE</b> Daw	<b>RIPPED</b> Tasha	
6:00 A.M. North Gym	<b>Turbo TRICK</b> Tina	<b>MUSCLE MIX</b> Tina	<b>HIGH</b> Ashley	<b>Turbo TRICK</b> Tina	<b>H.I.I.T.</b> Liz Daw	
6:00 A.M. MP #1		<b>SUNRISE YOGA</b> Cami	<b>PIYO</b> Selena	<b>SUNRISE YOGA</b> Cami		
6:00 A.M. Cycling Room	<b>*INDOOR CYCLING</b> Jenn	<b>*SPORT CYCLING</b> Liz Daw		<b>*SPORT CYCLING</b> Liz Daw	<b>*INDOOR CYCLING</b> Jenn	<b>*TRX CIRCUIT (7AM)</b> Tricia
7:00 A.M. North Gym						<b>INSANITY</b> Emily H.
7:00 A.M. Cycling Room						<b>*INDOOR CYCLING</b> Danny
8:15 A.M. Aero. Room	<b>*10 ROUNDS</b> Tina	<b>PUMP MIX</b> Amanda	<b>*TRX CIRCUIT</b> Tina	<b>ZUMBA</b> Leticia	<b>AB ATTACK</b> Melanie J. (9 a.m.)	<b>*MUSCLE MIX</b> Brooke
8:15 A.M. Cycling Room						
9:30 A.M. Aero. Room	<b>Triple Threat</b> Carrie	<b>*HIGH</b> Lorrie	<b>*MUSCLE MIX</b> Stephanie	<b>*HIGH</b> Aimee	<b>*CARDIO CIRCUIT</b> Melanie J.	<b>ZUMBA</b> Leticia
9:30 A.M. Cardio Room	<b>*TREAD &amp; ABS</b> Aimee		<b>*TREAD &amp; STRETCH</b> - Carrie			
9:30 A.M. North Gym	<b>**KID FITNESS</b> Emily W.	<b>**KID FITNESS</b> Amanda	<b>**KID FITNESS</b> Jamie	<b>**KID FITNESS</b> Melanie J.	<b>**KID FITNESS</b> Emily	
9:30 A.M. Cycling Room		<b>*INDOOR CYCLING</b> Aimee	<b>*INDOOR CYCLING</b> Becky	<b>*INDOOR CYCLING</b> Tiffany	<b>*INDOOR CYCLING</b> Carrie	
10:35 A.M. Aero. Room	<b>ZUMBA gold</b> Lindsay	<b>SilverSneaker® Classic</b> - Amanda	<b>SENIOR FITNESS</b> Amanda	<b>SilverSneaker® Classic</b> -Susie	<b>SENIOR FIT CHAIR YOGA</b> - Emily	
6:00 P.M. Aero. Room	<b>STRONG</b> Tessa		<b>ZUMBA gold ADAPTIVE</b>		<p>* Check-in required at the front desk.            ** Class has a fee of \$2.50 for the first child, \$1.50 for each additional child.</p> <p>Participants must be at least 14 + for fitness classes and at least 16 + for cycling classes. Unless noted, fitness classes are free to members. Non-Member Fee: \$4 per class. All classes are 55 minute classes.</p> <p>There is a 1 1/2 hour cycling class the first Saturday of each month at 6:30 a.m. *</p>	
7:00 P.M. Aero. Room	<b>GxBarre</b> Melanie J	<b>PUMP MIX</b> Tessa	<b>ZUMBA</b> Koreena	<b>*HIGH</b> Lorrie		
7:00 P.M. Cycling Room	<b>*INDOOR CYCLING</b> Autumn	<b>*INDOOR CYCLING</b> Bert				
8:00 P.M. Aero. Room	<b>YOGA I/II</b> Jody	<b>YOGA I</b> Emily	<b>YOGA</b> Traci	<b>ZUMBA</b> Tricia		
9:00 P.M. Aero. Room	<b>MEM</b>	<b>ZUMBA</b> Tricia		<b>YOGA</b> Autumn		

**NO CLASS DATES: No classes Sept. 3, Oct. 31 no evening classes, Nov. 22 & 23 - Happy Thanksgiving!**

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



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

# CLASS DESCRIPTIONS

<b>*10 ROUNDS</b>	This 60 - minute circuit based class will consist of 10 rounds of exercise that will incorporate transitional kickboxing, strength and core movers for 2-minute intervals. <u>*A pass is required for this class.</u>
<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. <u>*Check in is required for this class (a ticket will be given).</u> 19 barbells are available.
<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. <u>*A pass is required for this class.</u>
<b>*Cycling/*Sport Cycle</b>	A 50-minute indoor cycling class stimulated to an outdoor ride. Works the lower body and burns 500+ calories. You adjust the resistance to give you the ride of your life. <u>*Check in is required for this class (a ticket is given).</u> 19 seats are available. The first Saturday of each month is a 1½ hour class starting at 6:30 am. <b>*SPORT CYCLE</b> – Intervals of cycling with a mix of sport conditioning drills.
<b>*Tread</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. The beginner, intermediate and advanced students can control the intensity while performing the same moves as the instructor. <u>*A pass is required for this class (a ticket is given).</u> 11 treadmills are available.
<b>Ab Attack</b>	Ab-solutely a great 25-minute workout. This workout not only works the abdominal region, but also focuses on the whole core.
<b>**Kid Fitness</b>	<u>**This class is a fee-based class. \$2.50 for the first child, and \$1.50 for each additional.</u> 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>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. <b>SilverSneaker®</b> - 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>Yoga/Sunrise 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>Sunrise Yoga</b> - Wake up and jump start your day by strengthening and lengthening your body, 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>TurboKick®</b>	Turbo Kick® combines athletic moves, sports drills, hip hop flavor, & so much more. Take kickboxing to the next level and burn MEGA calories! This class is for every level.
<b>*Zumba®/Zumba Gold®</b>	<b>Zumba®</b> 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>STRONG by Zumba™</b> - an athletic, conditioning-style HIIT class using your own body weight as resistance to achieve muscle definition.
<b>STRONG by Zumba™</b>	
<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>H.I.I.T.</b>	High Intensity Interval Training. Challenge your body by alternating short, high intensity intervals with longer intervals to recover. This class will strengthen your cardiovascular and muscular systems using resistance equipment and your own body weight.
<b>Insanity®</b>	This class uses the fitness method called MAX Interval Training. You perform long bursts of maximum-intensity exercises with short periods of rest. Each INSANITY workout keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX! All in 50 minutes or less!
<b>GxBarre</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 kickboxing drills to increase fat burning and muscle. This class will improve your strength, speed and stamina as each workout will be different.
<b>*TRX Circuit Training</b>	TRX (Total Body Resistance Exercise) Suspension training, is a fun, energetic class that fuses TRX moves with a variety of other fitness disciplines such as cardio, free weights, BOSU and more! All TRX workouts are "all core, all the time." It's a great upper and lower body workout. TRX is great for all levels of fitness and offers lots of challenging variety. This is a 45-minute class. Please come early to get your station set-up with the appropriate equipment.

**\*THESE CLASSES REQUIRE A PASS TO CLASS FROM THE FRONT DESK**