



GROUP EXERCISE

SPRING/SUMMER 2019

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

NO CLASS DATES: No classes May 27, June 27 for 7pm High & 8pm Zumba, June 29 no class for all 8:00am & 9:30am classes, July 4, 24.

LEHI LEGACY CENTER
123 North Center Street
385.201.2000
www.lehi-ut.gov/legacy-center



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

CLASS DESCRIPTIONS

*10 ROUNDS	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>
*P.U.M.P. Mix	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.
*Muscle Mix	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>
*Cycling/*Sport Cycle	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. *SPORT CYCLE – Intervals of cycling with a mix of sport conditioning drills.
*Tread	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 advance 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.
Ab Attack	Ab-solutely a great 25-minute workout. This workout not only works the abdominal region, but also focuses on the whole core.
Kid Fitness	<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.
Senior Fitness/SilverSneaker®	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.
Yoga/Sunrise Yoga	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. Sunrise Yoga - Wake up and jump start your day by strengthening and lengthening your body, so you will feel energized for the rest of the day.
PiYo™	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.
TurboKick®	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.
*Zumba®/Zumba Gold®	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. Zumba Gold® - Same class description as above, only this class is perfect for seniors, pregnant women, new participants or participants recovering from injuries. STRONG by Zumba™ - an athletic, conditioning-style HIIT class using your own body weight as resistance to achieve muscle definition.
STRONG by Zumba™	
R.I.P.P.E.D.™	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.
H.I.I.T.	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.
Insanity®	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!
GxBarre	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.
*HIGH Fitness	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!
*Triple Threat	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.
*TRX Circuit Training	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**

Passes may be picked up at the front desk 30-minutes prior to class.