



WOMEN ON WEIGHTS

2019-2020

QUICK FACTS

WHAT Weight Training
 WHERE Legacy Center Weight Room
 WHO Legacy Center Members only
 WHEN See dates below
 FEES 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 Registration 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.



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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.

SESSION I

September 3 to November 21, 2019

Tuesday and Thursday

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

Fee: Resident \$135; Non-Res \$160

Registration Begins July 1, 2019

SESSION II

January 7, 2020 to March 26, 2020

Tuesday and Thursday

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

Fee: Resident \$135; Non-Res \$160

Registration Begins November 4, 2019

SESSION III

March 31, 2020 to June 25, 2020

Tuesday and Thursday

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

Fee: Resident \$135; Non-Res \$160

Registration Begins February 3, 2020

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.