



GROUP EXERCISE

YELLOW PHASE 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 A.M. Aero. Room	PUMP MIX Selena	INSANITY Emily	*MUSCLE MIX Jenn		TRX STRENGTH Tina	
6:00 A.M. Aero. Room	RIPPED Tasha	ZUMBA Kate	*TRX STRENGTH Tina	KICKBOXING Tina	*MUSCLE MIX Kate	
6:00 A.M. MP #1 **		Power Yoga Cami	PIYO Whitney/Selena	Power Yoga Cami		
6:00 A.M. * North Gym	CARDIO KICKBOX Natalie	MUSCLE MIX Tina	HIGH Jillian	F.O.R.C.E Shannon	HIGH Audrey	
7:00 A.M. North Gym						INSANITY Emily
7:00 A.M. Aero. Room						HIGH Melissa
8:15 A.M. Aero. Room	KICKBOXING Tina	PUMP MIX Amanda	KICKBOXING Tina	TRX STRENGTH Tina	AB ATTACK Melanie (9a.m.)	*MUSCLE MIX Brooke
9:30 A.M. North Gym	Triple Threat Carrie	HIGH Lorrie	*MUSCLE MIX Becky	HIGH Aimee	*CARDIO CIRCUIT Melanie J.	
9:30 A.M. Aero. Room						ZUMBA Leticia
10:45 A.M. Aero. Room	ZUMBA gold Cami		ZUMBA gold Cami			
7:00 P.M. Aero. Room	GxBarre Melanie	TRX Pilates Whitney	ZUMBA Koreena	HIGH Jillian		
8:00 P.M. Aero. Room	Yoga Jody	ZUMBA Tricia	Yoga Emily	ZUMBA Tricia		

MEMBERS ONLY CLASSES

NO CLASS DATES: December 24 evening classes, December 31 evening classes

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 Instagram!
[lehilegacy](https://www.instagram.com/lehilegacy)

CLASS RESERVATION

To practice physical distancing, class sizes will be limited. Please make a reservation to reserve your spot for class on the Legacy Center website. Check-in at the Legacy Center Front Desk.

INFORMATION

Participants must be at least 14+ for fitness classes. Unless noted, fitness classes are free to members. All classes are 50 minutes. This schedule is subject to change without notice.

Members **MUST** bring their own yoga mat.

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

Cardio Circuit	Add variety to your workout with an alternating station of strength and cardio or intervals of cardio intensities. Guaranteed to work up a sweat.
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.
Yoga/Power 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. Power Yoga - Wake up and jump start your day by hitting every aspect of your physical fitness, while creating mindfulness, and awareness of your body. This class incorporates strength, flexibility, balance, power and endurance, 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.
Cardio Kickboxing	A martial arts style cardio workout that will help you improve endurance and get your heart racing--as we layer moves together into kickboxing combos.
*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.
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 Strength 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.
*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. 19 barbells are available.
*TRX Pilates	This workout uses bodyweight and suspension combined to replicate a simple version of Reformer Pilates. This workout will challenge your strength, balance and flexibility.
*Kickboxing	In this class punching, striking and kicking combinations to a freestanding bag, will give you a great cardiovascular workout of both force and speed. It will improve your strength, aerobic fitness, coordination and balance. Gloves are provided, but we strongly encourage you to purchase your personal set.
Ab Attack	Ab-solutely a great 25-minute workout. This workout not only works the abdominal region, but also focuses on the whole core.
F.O.R.C.E	F.O.R.C.E stands for Functional and Optimal Resistance and Conditioning Effect. It combines choreographed routines utilizing weights, resistance bands, and cardio bursts.

ALL CLASSES REQUIRE A RESERVATION
Members MUST bring their own yoga mat.