



# GROUP EXERCISE

## YELLOW PHASE 2020

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

MEMBERS ONLY CLASSES

**NO CLASS DATES: September 7, October 30 (only classes after 7am)**

### MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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### 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](http://www.lehi-ut.gov/legacy-center)



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

# CLASS DESCRIPTIONS

<b>Cardio Circuit</b>	Add variety to your workout with an alternating station of strength and cardio or intervals of cardio intensities. Guaranteed to work up a sweat.
<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.
<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>Cardio Kickboxing</b>	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.
<b>Zumba®</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>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 Strength 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.
<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. 19 barbells are available.
<b>*TRX Pilates</b>	This workout uses bodyweight and suspension combined to replicate a simple version of Reformer Pilates.

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