



GROUP EXERCISE

FALL/WINTER 2022-2023

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 A.M. Aero. Room	MEMBERS ONLY CLASSES	*PUMP MIX Selena		*MUSCLE MIX Jenn	YOGA Tasha	TRX STRENGTH Tina/Liz	
5:00 A.M. Cycling Room							
6:00 A.M. Aero. Room		RIPPED Tasha		TRX CIRCUIT Tina	KICK BOX Tina	SURGE FIT Emliy J.	
6:00 A.M. North Gym		CARDIO FUSE McKenzie	MUSCLE MIX Tina	HIGH Jillian		HIGH Shandi	
6:00 A.M. MP #1			POWER YOGA Cami P.	PIYO Selena	POWER YOGA Cami P.		
6:00 A.M. Cycling Room		SPORTS CYCLING Jamie	INDOOR CYCLING Alysha	TRX CIRCUIT Tina	SPORTS CYCLING Jamie		
7:00 A.M. North Gym							HIGH Jillian
7:00 A.M. Cycling Room							INDOOR CYCLING Danny
7:00 A.M. Aero. Room							MUSCLE MIX Becky/Danielle
8:15 A.M. Aero. Room	PUBLIC FITNESS CLASSES	KICK BOX Tina	PUMP MIX Amanda	KICK BOX Tina	TRX STRENGTH Tina	GX BARRE Carol	SURGE FIT Lauren/ Cami L.
9:30 A.M. Aero. Room		*Triple Threat Carrie	*HIGH Lorrie	*MUSCLE MIX Stephanie	*HIGH Aimee	*CARDIO CIRCUIT Alysha	ZUMBA Cami J.
9:30 A.M. Cardio Room		*TREAD & ABS Aimee		*TREAD & STRENGTH Carrie			
9:30 A.M. North Gym		**KID FITNESS Heidi	**KID FITNESS Staff	**KID FITNESS Staff	**KID FITNESS Tara	**KID FITNESS Heidi	
9:30 A.M. Cycling Room			INDOOR CYCLING Aimee	INDOOR CYCLING Becky	INDOOR CYCLING Tiffany	*CARDIO CIRCUIT Alysha	
10:45 A.M. Aero. Room		ZUMBA gold Sarah	SilverSneaker® Classic - Aimee	ZUMBA gold Cami J.	SilverSneaker® Classic -Susie	SENIOR FIT CHAIR YOGA - Heidi	
6:00 P.M. Aero. Room		ZUMBA gold ADAPTIVE		SURGE FIT Emily J.			
7:00 P.M. Aero. Room	GxBarre Melanie J	*MUSCLE MIX Danielle	ZUMBA Koreena	HIP-HOP Monta			
7:00 P.M. Cycling Room	INDOOR CYCLING Autumn	INDOOR CYCLING Monica					
8:00 P.M. Aero. Room	TRX PILATES Whitney	ZUMBA Tricia	YOGA Jennifer	ZUMBA Tricia			

* Check-in required at the front desk.
 ** Class has a fee of \$2.50 for the first child, \$1.50 for each additional child.
 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: \$4.50 per class. All classes are 55 minute classes.

NO CLASS DATES:
 September 5th, October 27th (6am yoga), October 28th (6am High, 8:15am Gx Barre, 9:30 Kid Fit, 9:30am Cardio Circuit, 10:45am Sr. Yoga)
 Other dates may apply

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

LEHI CITY RECREATION

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. Class may use the cycling room for part of the circuits.
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.
Zumba®/Zumba Gold®/Adaptive Zumba®	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. Adaptive Zumba 10 and up with a disability may attend the class with a caregiver in attendance.
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 kick boxing 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/Circuit	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 55-minute class. Please come early to get your station set-up with the appropriate equipment. TRX circuit will incorporate the cycling room for a HIIT based class
*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.
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.
Cardio Fuse	Is a full-body workout that blends elements of aerobics, kick boxing, resistance training, and core work. The fun music gives you the motivation to push through the choreographed cardio, toning, and ab tracks.
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.
Surge Fit	Surge Fit is the energizing HIIT workout that will get results fast. High intensity cardio tracks that push fat burning systems into high gear are intertwined with high rep strength training that shapes your body for maximum results.
*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
SPORT CYCLE	Intervals of cycling with a mix of sport conditioning and strength drills.
**Kid Fitness	**This class is a fee-based class. \$2.50 for the first child, and \$1.50 for each additional. 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.