



MYZONE MONITORS

QUICK FACTS

WHAT Myzone Monitors
 WHERE Purchase at the
 Registration office
 WHEN Monday - Friday
 8am to 6pm
 Fee Members: \$75

MYZONE MONITORS

The Myzone system at the Legacy Center will roll-out mid-February. Myzone aims to help people feel good about exercise through technology. Myzone is an innovative wearable heart rate-based system that uses wireless and cloud-based technology to monitor physical activity accurately and conveniently. It's a tool for anyone who wants an accurate and a motivating wearable. Myzone monitors heart rate, calories and time exercised in real time and converts that into Myzone Effort Points (MEPs). MEPs focus on rewarding effort rather than fitness. Myzone belts are worn at the chest to accurately track your heart rate vs. monitors on the wrist that are distal from the heart and are not as accurate. Myzone will track workout training zones within Legacy Center classes and away from the facility with the Myzone app. The belt also provides interoperability with the Apply watch, Garmin and third party apps, including MapMyRun, Strava and MyFitnessPal.

REGISTRATION

Visit the Registration Office Monday-Friday
 From 8:00 a.m.-6:00 p.m.

MORE INFORMATION



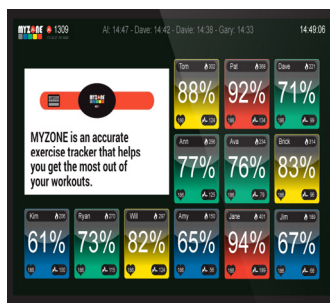
For more information contact the
 Legacy Center Front Desk at
 385.201.2000.



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Instant feedback in class!



Belt may be used in and out of the facility!

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.