



# GROUP EXERCISE

SUMMER 2022

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 A.M. Aero. Room	MEMBERS ONLY CLASSES	<b>*PUMP MIX</b> Selena	<b>INSANITY</b> Emily H.	<b>*MUSCLE MIX</b> Jenn	<b>TOTAL BODY CONDITIONING</b> Emily	<b>TRX STRENGTH</b> Tina	
5:00 A.M. Cycling Room							
6:00 A.M. Aero. Room		<b>RIPPED</b> Tasha	<b>MUSCLE MIX</b> Tina	<b>TRX CIRCUIT</b> Tina	<b>KICK BOX</b> Tina	<b>SURGE FIT</b> Emliy J.	
6:00 A.M. North Gym		<b>CARDIO FUSE</b> McKenzie		<b>HIGH</b> Jillian		<b>HIGH</b> Shandi	
6:00 A.M. MP #1			<b>POWER YOGA</b> Cami	<b>PIYO</b> Selena	<b>POWER YOGA</b> Cami		
6:00 A.M. Cycling Room		<b>INDOOR CYCLING</b> Alysha	<b>INDOOR CYCLING</b> Alysha	<b>TRX CIRCUIT</b> Tina	<b>INDOOR CYCLING</b> Jamie		
7:00 A.M. North Gym							<b>HIGH</b> Jillian/Stephanie
7:00 A.M. Cycling Room							<b>INDOOR CYCLING</b> Danny
7:00 A.M. Aero. Room	PUBLIC FITNESS CLASSES						<b>MUSCLE MIX</b> Becky/Danielle
8:15 A.M. Aero. Room		<b>KICK BOX</b> Tina	<b>PUMP MIX</b> Amanda	<b>KICK BOX</b> Tina	<b>TRX STRENGTH</b> Tina	<b>GX BARRE</b> Carol	<b>SURGE FIT</b> Lauren
9:30 A.M. Aero. Room		<b>*Triple Threat</b> Carrie	<b>*HIGH</b> Lorrie	<b>*MUSCLE MIX</b> Stephanie	<b>*HIGH</b> Aimee	<b>*CARDIO CIRCUIT</b> Alysha	<b>ZUMBA</b> Cami
9:30 A.M. Cardio Room		<b>*TREAD &amp; ABS</b> Aimee		<b>*TREAD &amp; STRENGTH</b> Carrie			
9:30 A.M. North Gym		<b>**KID FITNESS</b> Heidi	<b>**Zumba Kids Jr.</b> Lorena	<b>**KID FITNESS</b> Staff	<b>**KID FITNESS</b> Tara	<b>**KID FITNESS</b> Heidi	
9:30 A.M. Cycling Room			<b>INDOOR CYCLING</b> Aimee	<b>INDOOR CYCLING</b> Becky	<b>INDOOR CYCLING</b> Tiffany	<b>*CARDIO CIRCUIT</b> Alysha	
10:45 A.M. Aero. Room		<b>ZUMBA</b> Sarah	<b>SilverSneaker® Classic</b> - Aimee	<b>ZUMBA</b> Cami	<b>SilverSneaker® Classic</b> -Susie	<b>SENIOR FIT CHAIR YOGA</b> - Heidi	
6:00 P.M. Aero. Room		<b>ZUMBA ADAPTIVE</b>		<b>SURGE FIT</b> Emily J.			<p>* Check-in required at the front desk. ** Class has a fee of \$2.50 for the first child, \$1.50 for each additional child.</p> <p>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 per class. All classes are 55 minute classes.</p>
7:00 P.M. Aero. Room	<b>GxBarre</b> Melanie J	<b>*MUSCLE MIX</b> Danielle	<b>ZUMBA</b> Koreena	<b>HIP-HOP</b> Monta			
7:00 P.M. Cycling Room	<b>INDOOR CYCLING</b> Autumn	<b>INDOOR CYCLING</b> Monica					
8:00 P.M. Aero. Room	<b>TRX PILATES</b> Whitney	<b>ZUMBA</b> Tricia	<b>YOGA</b> Jennifer	<b>ZUMBA</b> Tricia			

**NO CLASS DATES:**  
June 23 (7pm High, 8pm Zumba), June 25 (8:15am Surge 9:30am Zumba), July 4, July 25, August 15-20th, September 5th

LEHI LEGACY CENTER  
123 North Center Street  
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[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. Class may use the cycling room for part of the circuits.
<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/Power 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>Power Yoga</b> - 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.
<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>Zumba®/Zumba Gold®</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>Zumba Gold®</b> - Same class description as above, only this class is perfect for seniors, pregnant women, new participants or participants recovering from injuries.
<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 kick boxing 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/Circuit</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 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
<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. This workout will challenge your strength, balance and flexibility.
<b>Kickboxing</b>	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.
<b>Senior Fitness/SilverSneaker®</b>	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.
<b>Cardio Fuse</b>	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.
<b>R.I.P.P.E.D.</b>	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.
<b>Surge Fit</b>	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.
<b>*Tread</b>	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 same moves as the instructor. *A pass is required for this class. 11 treadmills are available.