



GROUP EXERCISE

WINTER 2022

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 A.M. Aero. Room	MEMBERS ONLY CLASSES	*PUMP MIX Selena	INSANITY! Emily H.	*MUSCLE MIX Jenn	TOTAL BODY CONDITIONING Emily	*TRX STRENGTH Tina	
5:00 A.M. Cycling Room							
6:00 A.M. Aero. Room		RIPPED Tasha	ZUMBA Kate	*TRX CIRCUIT Tina	*KICK BOX Tina	*MUSCLE MIX Kate	
6:00 A.M. North Gym		CARDIO FUSE Natalie	MUSCLE MIX Tina	* HIGH Jillian	MUSCLE MIX Mary	* HIGH Audrey	
6:00 A.M. MP #1			POWER YOGA Cami	PIYO Selena/Whitney	POWER YOGA Cami		
6:00 A.M. Cycling Room		*INDOOR CYCLING Alysha	*INDOOR CYCLING Alysha	*TRX CIRCUIT Tina	*INDOOR CYCLING Jamie	*INDOOR CYCLING Alysha	
7:00 A.M. North Gym							* HIGH Audrey
7:00 A.M. Cycling Room							*INDOOR CYCLING Danny
7:00 A.M. Aero. Room	PUBLIC FITNESS CLASSES						*MUSCLE MIX Becky/Danielle
8:15 A.M. Aero. Room		*KICK BOX Tina	PUMP MIX Amanda	*KICK BOX Tina	TRX STRENGTH Tina	GX BARRE Carol	SURGE FIT Lauren
9:30 A.M. Aero. Room		*Triple Threat Carrie	* HIGH Lorrie	*MUSCLE MIX Stephanie	* HIGH Aimee	*CARDIO CIRCUIT Alysha	ZUMBA Cami
9:30 A.M. Cardio Room		TREAD & ABS Aimee		TREAD & STRENGTH Carrie			
9:30 A.M. North Gym		**KID FITNESS Heidi	**Zumba Kids Jr. Melisa	**KID FITNESS Staff	**KID FITNESS Staff	**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 Cami	SilverSneaker® Classic - Aimee	ZUMBA gold Cami	SilverSneaker® Classic -Susie	SENIOR FIT CHAIR YOGA - Heidi	
6:00 P.M. Aero. Room		SURGE FIT Emily J.		SURGE FIT Emily J.			
7:00 P.M. Aero. Room	GxBarre Melanie J	*MUSCLE MIX Danielle	ZUMBA Koreena	* HIGH Jillian			
7:00 P.M. Cycling Room	*INDOOR CYCLING Autumn	*INDOOR CYCLING Monica					
8:00 P.M. Aero. Room	TRX PILATES Whitney	ZUMBA Tricia	YOGA Emily	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 per class. All classes are 55 minute classes.

There is a 1 1/2 hour cycling class the first Saturday of each month at 6:30 a.m. *

NO CLASS DATES:
Jan 15- Kid Fit, Feb 21-Kid Fit, May 30th

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. 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®	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 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.
T.B.C.	Incorporate strength exercises and cardio segments using equipment such as dumbbells, barbells, bands, cycling and running for a total body workout. Total Body conditioning classes are intended to provide total fitness by working every major muscle group in one workout.