



# WOMEN ON WEIGHTS

2023-2024

## QUICK FACTS

WHAT ..... Weight Training  
 WHERE ..... Legacy Center Weight Room  
 WHO ..... Legacy Center Members only  
 WHEN ..... See dates below  
 FEES ..... This fee is Non-Refundable.

## WEIGHT TRAINING

This class will provide the proper guidelines necessary to make changes in your fitness level. This course lasts for three months, during which time you will be taught different techniques of strength training. The first week will be geared to finding out where your fitness level is through different assessments, including strength, flexibility, cardiovascular and body fat. Attending this class regularly will help you integrate the healthy lifestyle fundamentals into your life. You will see positive results, meet new people with similar goals in mind, and find joy in exercising.

### SESSION I

September 5, 2023 to November 21, 2023

Tuesday and Thursday

10:30 a.m. to 11:30 a.m.

Fee: Resident \$150; Non-Res \$180

Registration Begins July 1, 2023

### SESSION II

January 9, 2024 to March 26, 2024

Tuesday and Thursday

10:30 a.m. to 11:30 a.m.

Fee: Resident \$150; Non-Res \$180

Registration Begins November 2, 2023

### SESSION III

April 9, 2024 to June 20, 2024

Tuesday and Thursday

10:30 a.m. to 11:30 a.m.

Fee: Resident \$150; Non-Res \$180

Registration Begins February 1, 2024

## REGISTRATION

Registration will start 2 months prior to the session start date.

**Registration Deadline: Until Full**

Register at the Legacy Center Registration Office during normal business hours or online at [www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center).

## MORE INFORMATION



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



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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.