



# GROUP EXERCISE

SPRING /SUMMER 2024

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 A.M. Aero. Room	MEMBERS ONLY CLASSES	<b>PUMP MIX</b> Selena	<b>SPORTS CYCLE</b> Emily H.	<b>MUSCLE MIX</b> Jenn	<b>YOGA</b> Tasha	<b>STRONGER RX</b> Tina	
5:00 A.M. Cycling Room			<b>SPORTS CYCLE</b> Emily H.				
6:00 A.M. Aero. Room		<b>RIPPED</b> Tasha	<b>MUSCLE MIX</b> Jillian	<b>STRONGER RX</b> Tina	<b>KICK BOX</b> Tina	<b>SURGE FIT</b> Carly	
6:00 A.M. North Gym		<b>CARDIO FUSE</b> Rochelle	<b>HIGH</b> Shandi	<b>HIGH POWER</b> Jillian	<b>GXBARRE</b> Haley	<b>HIGH</b> Shandi	
6:00 A.M. MP #1			<b>POWER YOGA</b> Cami P.	<b>PIYO</b> Selena	<b>POWER YOGA</b> Cami P.		
6:00 A.M. Cycling Room		<b>INDOOR CYCLING</b> Jamie	<b>INDOOR CYCLING</b> Liz		<b>SPORTS CYCLING</b> Liz		
7:00 A.M. North Gym							<b>HIGH</b> Audrey
7:00 A.M. Cycling Room							<b>INDOOR CYCLING</b> Danny
7:00 A.M. Aero. Room							<b>MUSCLE MIX</b> Becky/Danielle
8:15 A.M. Aero. Room	PUBLIC FITNESS CLASSES	<b>KICK BOX</b> Tina	<b>PUMP MIX</b> Amanda	<b>KICK BOX</b> Tina	<b>STRONGER RX</b> Tina	<b>GXBARRE</b> Carol	<b>SURGE FIT</b> Lauren/ Cami L.
9:30 A.M. Aero. Room		<b>*TRIPLE THREAT</b> Carrie	<b>*HIGH</b> Lorrie	<b>MUSCLE MIX</b> Danielle	<b>*HIGH</b> Aimee	<b>*CARDIO CIRCUIT</b> Alysha	<b>ZUMBA</b> Cami J.
9:30 A.M. Cardio Room		<b>INDOOR CYCLING</b> Emily		<b>*TREAD &amp; STRENGTH</b> Carrie		<b>INDOOR CYCLING</b> Emily	
9:30 A.M. North Gym		<b>**KID FITNESS</b> Brooke	<b>**KID FITNESS</b> Summer	<b>**KID FITNESS</b> Karissa	<b>**MOVEMENT &amp; MUSIC</b> Tara	<b>**KID FITNESS</b> Heidi	
9:30 A.M. Cycling Room		<b>INDOOR CYCLING</b> Emily M.	<b>INDOOR CYCLING</b> Aimee	<b>INDOOR CYCLING</b> Becky	<b>INDOOR CYCLING</b> Tiffany	<b>INDOOR CYCLING</b> Emily M	
10:45 A.M. Aero. Room		<b>ZUMBA gold</b> Sarah	<b>SILVERSNEAKER®</b> Classic - Aimee	<b>ZUMBA gold</b> Cami J.	<b>SILVERSNEAKER®</b> Classic -Aimee	<b>SENIOR FIT CHAIR</b> YOGA - Julie	
6:00 P.M. Aero. Room	PUBLIC FITNESS CLASSES	<b>HIGH LOW</b> Katie		<b>CARDIO FUSE</b> Raegan			
7:00 P.M. Aero. Room		<b>GXBARRE</b> Melanie J	<b>PURE STRENGTH</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	<b>INDOOR CYCLING</b> Susie	<b>INDOOR CYCLING</b> Emily M.		
8:00 P.M. Aero. Room		<b>TAI-GA FLOW</b> Thu	<b>ZUMBA</b> Tricia	<b>YOGA</b> Susie	<b>ZUMBA</b> 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:**

May 27, June 27 (7:00pm class Hip Hop) (8:00pm Zumba), June 29 (8:15am Surge Fit) (9:30am Zumba) July 4, July 24  
 Other dates may apply

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.

<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®/ Zumba®</b>	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. <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>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>Stronger RX</b>	This class will have a focused total-body strength workout that will be repeated for 4-6 weeks. Each week the volume and intensity will steadily increase to focus on form, strength, and core stability. A variety of equipment will be used, including TRX, barbells and dumbbells. Workouts will be individually journaled.
<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>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 &amp; Strength</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 along with strength. The beginner, intermediate and advance students can control the intensity while performing the workout
<b>SPORTS CYCLE</b>	Intervals of cycling with a mix of sport conditioning and strength drills.
<b>**Kid Fitness</b>	**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.
<b>High Power</b>	A combination class of 30 minutes High fitness cardio aerobics followed by 30 minutes of specific muscle focused strength training. It is a class that will require minimal equipment but maximum fun!!
<b>Tabata</b>	This is a high-intensity strength & cardiovascular class that will push your body to the edge. It is done in timed intervals, always a ratio of 20 seconds work to 10 seconds rest, repeated 8 times. The 4-minute sets are followed by a minute of rest so that your body can recover and be ready to work hard again! It is the perfect class for people of all fitness levels by giving you many options to challenge yourself!
<b>Tai-ga Flow</b>	Is a combination of Taichi, Yoga and Pilates. All movements are choreographed to the beat of the music. The class will start with breath work then transitioned into flow and finish with meditation.
<b>Pure Strength</b>	Get stronger and change your body composition with this strength focused workout. Quality reps, form and bridging the mind and muscle connection will be the focus of this class.
<b>High Low</b>	is the sister format to the flagship HIGH. Offering impact progressions for every move, High Low is a steady state cardio workout tailored to the individual, by the individual.