



MYZONE MONITORS

QUICK FACTS

WHAT.....Myzone Heart Rate Monitors

WHEREPurchase at the Registration office

WHENMonday - Friday
8am to 6pm

Fee.....Members:
Heart Rate Monitor \$75
Replacement Belt: \$15

MYZONE MONITORS

The Myzone system at the Legacy Center 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 Apple 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



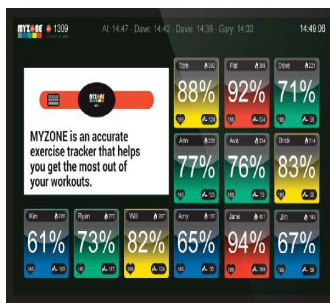
For more information contact the Legacy Center Front Desk at 385.201.2000.



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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.