



GROUP EXERCISE

WINTER 2024-2025

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 A.M. Aero. Room	MEMBERS ONLY CLASSES	PUMP MIX Selena	SPORTS CYCLE Emily H.	MUSCLE MIX Jenn	YOGA Tasha	STRONGER RX Tina	
5:00 A.M. Cycling Room			SPORTS CYCLE Emily H.				
6:00 A.M. Aero. Room		RIPPED Tasha	MUSCLE MIX Jillian	STRONGER RX Tina	KICK BOX Tina	SURGE FIT Carly	
6:00 A.M. North Gym		CARDIO FUSE Rochelle	HIGH Emily J.	HIGH POWER Jillian	GXBARRE Raegan	HIGH Shandi	
6:00 A.M. MP #1			POWER YOGA Cami P.	PIYO Selena	POWER YOGA Cami P.		
6:00 A.M. Cycling Room		INDOOR CYCLING Jamie	INDOOR CYCLING Liz		SPORTS CYCLING Liz		
7:00 A.M. North Gym							HIGH Dani
7:00 A.M. Cycling Room							INDOOR CYCLING Danny
7:00 A.M. Aero. Room							MUSCLE MIX Becky/Danielle
8:15 A.M. Aero. Room	PUBLIC FITNESS CLASSES	KICK BOX Tina	PUMP MIX Amanda	STEP & STRENGTH Tina	STRONGER RX Tina	GXBARRE Carol	SURGE FIT Lauren/ Cami L.
9:30 A.M. Aero. Room		*TRIPLE THREAT Carrie	*HIGH Lorrie	MUSCLE MIX Danielle	*HIGH Aimee	BODY BLAST Alysha	ZUMBA Cami J.
9:30 A.M. Cardio Room				*TREAD & STRENGTH Carrie			
9:30 A.M. North Gym		**KID FITNESS Brooke	**KID FITNESS April	**KID FITNESS Karissa	**MOVEMENT & MUSIC Tara	**KID FITNESS Heidi	
9:30 A.M. Cycling Room			INDOOR CYCLING Aimee	INDOOR CYCLING Becky	INDOOR CYCLING Tiffany	INDOOR CYCLING Emily M	
10:45 A.M. Aero. Room		ZUMBA gold Kara	SILVERSNEAKER® Classic - Aimee	ZUMBA gold Cami J.	SILVERSNEAKER® Classic -Aimee	SENIOR FIT CHAIR YOGA - Julie	
6:00 P.M. Aero. Room	PUBLIC FITNESS CLASSES	HIGH LOW Katie		CARDIO FUSE Raegan			
7:00 P.M. Aero. Room		POP PILATES Thu	PURE STRENGTH Danielle	ZUMBA Koreena	STEPIT Monta		
7:00 P.M. Cycling Room		INDOOR CYCLING Autumn	INDOOR CYCLING Monica		INDOOR CYCLING Emily M.		
8:00 P.M. Aero. Room		TAI-GA FLOW Thu	ZUMBA Tricia	YOGA Susie	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: \$4.50 per class. All classes are 55 minute classes.

NO CLASS DATES:

No KIT FIT - December 24, 26, 31, January 20 and February 17. Other dates may be announced

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.

Body Blast	This class is a variety of total body conditioning that involves both strength and cardio exercise. Designed to change each week to target all major muscles groups in a variety of ways. We utilize a mix of free weights, resistance bands, med balls, weighted bars, steps, and BOSU balls. It is suited for a beginner to a fitness fanatic- as you set your own bar for how hard you want to push!
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®	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.
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.
Stronger RX	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.
*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.
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.
*Tread & Strength	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
SPORTS CYCLE	Intervals of cycling with a mix of sport conditioning and strength drills.
**Kid Fitness	**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.
High Power	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!!
Tai-ga Flow	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.
Pure Strength	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.
High Low	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.
Step It	Is a simplified, modernized, energized step aerobics program that has revolutionized the old-school step format. It is high energy, low impact fitness class. Each class incorporates toning/sculpting and choreography that makes every class feel like a party!
Step & Strength	This class will combine cardio exercise using a step with various strength training exercises, alternating between high-intensity step sequences and bodyweight or weight resistance exercises using dumbbells, barbells, and other equipment. This will build both cardiovascular and muscle fitness in a single workout.