



WOMEN ON WEIGHTS

2024-2025

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.

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.

MORE INFORMATION



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



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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 composition. Attending this class regularly will help you integrate 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 3, 2024 - November 21, 2024

Tuesday and Thursday

10:30 - 11:30 a.m.

Fee: Resident \$155; Non-Res \$185

Registration Begins July 3, 2024

SESSION II

January 7, 2025 - March 25, 2025

Tuesday and Thursday

10:30 - 11:30 a.m.

Fee: Resident \$155; Non-Res \$185

Registration Begins November 7, 2024

SESSION III

April 8, 2025 - June 24, 2025

Tuesday and Thursday

10:30 - 11:30 a.m.

Fee: Resident \$155; Non-Res \$185

Registration Begins February 8, 2025

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.