

WATER FITNESS

FALL /WINTER 2026-2027

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 A.M.	**TABATA WAVES** Deep Susan		**ACT NOW** Deep Susan		**WET N WILD** Deep Julia	
7:00 A.M.	**SENIOR FITNESS** **Gentle Waves** Dena		**SENIOR FITNESS** **Gentle Waves** Rochelle		**SENIOR FITNESS** **Gentle Waves** Brooke	
8:05 A.M.						
9:00 A.M.	**INTERVAL TX** Deep Dena	**AQUA JAM** Shallow/Deep Rochelle	**INTERVAL TX** Deep Amanda	**INTERVAL TX** Shallow/Deep Jillian	aqua ZUMBA Koreena	
7:05 P.M.	aqua ZUMBA Izabel	**INTERVAL TX** Shallow/Deep Gay	aqua ZUMBA Christie	aqua ZUMBA Heather		

REGISTRATION

There is no registration required for water aerobics. Check-in at the Legacy Center Front Desk. This schedule is subject to change without notice.

MORE INFORMATION

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

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INFORMATION

Classes will be in the lap pool, unless otherwise noted. A Legacy Center Membership or daily fee is required before participating. Each class is designed to maximize results while enhancing physical and mental fitness levels. All fitness levels, ages 14 + are welcome. ***MEMBER ONLY CLASSES ARE FROM 6AM to 8AM***

FEES

Legacy Center Members are free for all classes. Non-members are $4.50 per class.

NO CLASS DATES: Nov. 28 - Limited Schedule *(other dates may be announced)*

LEHI LEGACY CENTER
123 North Center Street
385.201.2000
www.lehi-ut.gov/legacy-center

LEHI CITY RECREATION

REGISTRATION HOURS
Monday-Friday
8 a.m. to 6 p.m.
or register online.

Last revised November 2026

CLASS DESCRIPTIONS

ACT Now	Get into the ACT … Aquatic Conditioning and Toning. Super-sized cardio intervals. It is fun, fitness and water all in one. All levels of fitness are encouraged to come.
Wet n Wild	101 exciting ways to move in the water. Strengthen and tone muscles while providing a great cardiovascular workout. This class is held in the deep end of the pool.
Interval TX	Interval Training! A calorie-burning water class designed for people with the goal of weight loss and a desire to increase their cardiovascular strength. Exercise in a positive environment. Intervals will be cardio infused moments of high intensity bouts of cardio or strength segments. This class will utilize the deep end of the pool.
Aqua Blast	This class will challenge your perception of water aerobics! This class is a total body workout in shallow water at medium to high intensity--Start with a vigorous cardio segment, movements using a variety of equipment to improve strength and muscle tone, followed by stretching and cool down. Water fitness shoes recommended but not required.
Gentle Waves	This class combines low intensity cardiovascular exercise, muscle strengthening and stretching through a full range of motion.
Aqua Jam	This multi-level workout is easy on the joints while providing the benefits of a mid to high intensity workout. A cardio component and variety of equipment is used to strengthen and tone from head to toe. This class is held in the shallow and deep end of the pool.
Aqua Zumba	Jump into the Latin-inspired, easy-to-follow, calorie burning, dance fitness party that makes a splash. Less impact on you joints and resistance of the water makes this class fun, yet challenging.
Tabata Waves	This class takes the program intensity of the land tabata into the water! By working on speed with proper control of the movements, the goal of this class is to provide a highly effective conditioning program to develop and improve cardio-respiratory fitness, muscular strength & endurance using 20 seconds of work and 10 seconds of rest.

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