

GROUP EXERCISE

FALL/WINTER 2026-2027

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 A.M. *Aero. Room*	**PUMP MIX** Selena	**SPORTS CYCLE** Emily H.	**MUSCLE MIX** Jenn		**STRONGER RX** Tina	
5:00 A.M. *Cycling Room*		**SPORTS CYCLE** Emily H.		**THRESHOLD** Megan		
6:00 A.M. *Aero. Room*	**BARRE** Tammy	**MUSCLE MIX** Jillian	**STRONGER RX** Tina	**BARRE** Raegan	**SURGE FIT** Carly	
6:00 A.M. *North Gym*			**HIGH POWER** Jillian		**HIGH-LOW** Shandi	
6:00 A.M. *MP #1*		**POWER YOGA** Cami P.		**POWER YOGA** Cami P.		
6:00 A.M. *Cycling Room*	**INDOOR CYCLING** Jamie	**CYCLE & CORE** Liz	**THRESHOLD** Megan	**SPORTS CYCLING** Liz		
7:00 A.M. *North Gym*						HIGH fitness Dani
7:00 A.M. *Cycling Room*						**INDOOR CYCLING** Danny
7:00 A.M. *Aero. Room*						**MUSCLE MIX** Danielle
8:15 A.M. *Aero. Room*	**KICK BOX** Tina	**PUMP MIX** Amanda	**STEP & STRENGTH** Tina	**STRONGER RX** Tina	**BARRE** Tammy	**SURGE FIT** Lauren/ Cami L.
9:30 A.M. *Aero. Room*	**TRIPLE THREAT** Carrie	HIGH fitness Lorrie	**PURE STRENGTH** Danielle	HIGH fitness Aimee	**BODY BLAST** Alysha	ZUMBA Cami J.
9:30 A.M. *Cardio Room*			***TREAD & STRENGTH** Carrie			
9:30 A.M. *North Gym*	****KID FITNESS** April	****KID FITNESS** Brooke M.	****KID FITNESS** Aimee	****KID FITNESS** Brooke E.	****KID FITNESS** Brooke E.	
9:30 A.M. *Cycling Room*		**INDOOR CYCLING** Aimee	**INDOOR CYCLING** Deanna	**INDOOR CYCLING** Tiffany		
10:45 A.M. *Aero. Room*	ZUMBA gold Sarah	**SILVERSNEAKER® Classic** - Aimee	ZUMBA gold Chelsea	**SILVERSNEAKER® Classic** -Aimee	**SENIOR FIT CHAIR YOGA** - Julie	
5:30 P.M. *Cycling Room*						
6:00 P.M. *Aero. Room*	**ANIMAL FLOW** Kent		**POP PILATES** Thu			
7:00 P.M. *Aero. Room*	**BARRE** Rachael	**PURE STRENGTH** Danielle	ZUMBA Koreena	**STEPIT** Alicia		
7:00 P.M. *Cycling Room*	**INDOOR CYCLING** Melinda		**INDOOR CYCLING** Mikaela			
8:00 P.M. *Aero. Room*	**YOGA** Jennifer	ZUMBA Tricia	**YOGA** Sarah	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.

Youth ages 12 and 13 are welcome to attend fitness classes, but must be accompanied by an adult 18 or older. Participants must be 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. Class descriptions on the back.

NO CLASS DATES: Nov 27-Limited Schedule

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.

Effective November 2026

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®	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.
Barre	This group exercise class combines Pilates, yoga, dance and functional training to give you beautiful, sculpted, lean muscles – all without impact. Barre 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!
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.
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.
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 clas 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 strengh. The beginner, intermediate and advance students can control the intensity while performing the workout
****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!!
Pure Strength	Get stronger & change your body composition with this strength focused workout. Quality reps, form and bridging the mind & muscle connection will be the focus of this class.
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.
Breathwork Reset	This class will help release tension, anxiety, & stress & restore balance to your mind & body with Breathwork, meditation, & sound therapy. Bring yoga mat & eye mask to class.
Cycle & Core	This class aims to engage both the cardiovascular system through cycling and the core muscles to improve stability, balance, and strength.
Sports Cycle	Intervals of cycling with a mix of sport conditioning and strength drills.
Animal Flow	Ground based movement, made fun, challenging, and effective. Designed to improve strength, power, flexibility, mobility, and coordination for all levels of fitness enthusiasts.
Threshold	Ride with purpose in this traditional indoor cycling class featuring structured, goal-oriented workouts that build endurance, strength, power and cardiovascular fitness. Each class uses intervals, hill climbs and endurance training to help you become a stronger, more efficient cyclist. An effective cycling workouts designed to improve performance and overall fitness for riders of all levels.

Last Updated August2026