

# LEGACY FITNESS

FITNESS CENTER - OPEN GYM

Tuesdays & Thursdays : 5:00am - 6:30am

Mondays - Thursdays : 11:00am - 7:00pm

Fridays : 11:00am - 5:30pm

ALL CLASSES FREE FOR LEGACY EMPLOYEES

## SPIN CLASS

TUES/THURS @4:30pm



GROUP SPIN CLASS WITH MR.FISH.  
TERRAIN AND CADENCE IN RYTHM WITH  
MUSIC

## WEIGHT TRAINING

MON/TUES/THURS @ 4:30pm



BURN CALORIES, BUILD MUSCLES, IMPROVE  
ENDURANCE. GET RIPPED WITH CECIL  
FOSTER

## ZUMBA

FRI @ 4:15 ELEM



DANCE YOUR BOOTY OFF EACH WEEK WITH  
PAULA SANHUEZA!

## TRX

TUES @ 4:30pm



SUSPENSION TRAINING TO DEVELOP STRENGTH  
BALANCE & FLEXIBILITY. WITH DEE BLAKE

## FULL BODY BLAST

THURS @ 4:30pm



GET YOUR HEART PUMPING WITH DEE BLAKE!  
SEE YOUR BODY TRANSFORM!

## YOGA

FRIDAY @ 4:15pm



RELAX YOUR BODY AND MIND AFTER A HARD  
WEEK. FEEL YOUR STRESS MELT AWAY WITH LISA  
PRIDEMORE

## CROSSFIT OPEN GYM

MON/WED/FRI @ 6:00am



ENDURANCE STAMINA STRENGTH FLEXIBILITY  
POWER SPEED COORDINATION AGILITY BALANCE

900 Woodside Ave. Greenville SC 29611

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