

PILATES **NEW!**

Monday • 7:00pm to 7:50pm

Pilates is a mind-body exercise method that focuses on core strength, posture, balance, flexibility, & healing through controlled movements & intentional breathing.

- \$2 for residents and \$4 for non-resident guests
- 50% off 10-punch pass
- FREE first class

HIGH FITNESS

Monday & Thursday • 8:00pm to 9:00pm

High Fitness combines FUN (pop songs of old and new that everyone knows and loves) with INTENSITY (interval, plyometrics and cardio) with CONSISTENCY.

- \$2 for residents and \$4 for non-resident guests
- 50% off 10-punch pass
- FREE first class

YOGA

Wednesday • 4:00pm to 4:45pm • Kids Yoga

Kids Yoga is designed for school aged children to learn breathing techniques, improve concentration, flexibility, and strength, as well as cultivate a healthy mindset for everyday life.

Wednesday • 7:00pm to 8:00pm • Vinyasa Flow

Vinyasa Flow is a fluid movement with your breath. The intention is to find balance in your mind, body, & spirit. Breathing, meditation, sun salutations, asana (poses), & savasana (final resting pose).

Wednesday • 8:15pm to 9:15pm • Restorative

This gentle class will guide you through Yin Yoga postures and mindful movements to achieve physical, mental, and emotional relaxation. You will leave class feeling refreshed and renewed.

- Adult: \$5 for residents & \$10 for non-resident guests
- Kids: \$3 for residents. No guests for Kids Yoga
- 50% off 10-punch pass
- FREE first class

WATER AEROBICS

Monday • 11:00am to 12:00pm • Low Impact

Saturday • 9:30am to 10:30am • Low Impact

This pool-season class uses the natural resistance & buoyancy of water against your body to provide a wide variety for low to zero impact conditioning exercises in both deep & shallow water.

- \$2 for residents and \$4 for non-resident guests
- 50% off 10-punch pass
- FREE first class

GYM

Monday - Friday • 5:00am to 10:00pm

Saturday • 6:00am to 10:00pm

Sunday • 12:00pm to 6:00pm

OTHER

Lap Swim, Swim Lessons,
Swim Team, Parks,
Playgrounds, Fields, & Trails

REGISTRATION:

Visit the lower level of the TMMA Clubhouse to receive your membership keyfob and check-in for all Community Center amenities.

KEYFOB REQUIRED

All TMMA amenities require a keyfob membership. Please visit pool office at Clubhouse for setup.

*Classes closed in December. Classes may be subject to change, please visit tmma.org for updates & additional info.



2026 FITNESS & RECREATION

- Pilates - NEW!
- Gym - 1,000 sqft expansion coming soon!
- High Fitness Classes
- Yoga Classes
- Water Aerobics (low impact & seasonal)
- Lap Swim (seasonal)
- Youth Swim Lessons & Team (seasonal)
- Parks & Playgrounds
- Walking, Running, & Biking Trails
- Practice Soccer Fields (seasonal)



TRAVERSE MOUNTAIN
MASTER ASSOCIATION

Connected to Life

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tmma.org