



# Cross Training for Youth



Lehi Legacy Center  
123 N Center St.  
801-768-7124

## LEHI LEGACY CENTER CROSS TRAINING FOR YOUTH FALL 2011

*Are you looking for a way to increase your performance in your specific sport?*



Cross-training in sports and fitness refers to the combining of exercises to work various parts of the body at the same time or in succession.

### Benefits of Cross Training

- Universal sports application
- Produces a higher level of all around conditioning
- Conditions the entire body, not just specific muscle groups
- Reduces the risk of injury
- **Improves your speed, skill, agility, and balance**

### Strength Training

- Calisthenics utilizing body weight resistance; pushups, crunches, rope climbs, and pull ups.
- Weight Balls
- Tubing and Bands

**Flexibility** (Stretching, Yoga)

**Speed, agility, and balance drills**

**Circuit training, sprinting, plyometrics and other forms of conditioning**

### ×QUICK FACTS

What ..... Fall Cross Training for Youth

Where ..... Legacy Center (East Gym)

Who ..... Ages 8yrs to 18yrs old

Date ..... Session 1 – August 30 thru October 6

Session 2 – November 1 thru December 15

Day ..... Tuesday and Thursday

Time ..... Class 1 – 4:15-5:15pm

Class 2 – 5:15-6:15pm

Fee ..... \$72 (\$60 Lehi Resident Discount)



### REGISTRATION

**Registration starts August 2, 2011**

Legacy Registration Office Mon-Fri 8am-6pm OR [www.lehi-ut.gov](http://www.lehi-ut.gov)

### INFORMATION

For more information call Legacy Front Desk at 801-768-7124

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