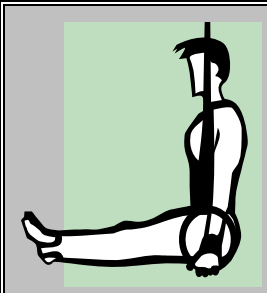

Cross Training for Youth

LEHI LEGACY CENTER
CROSS TRAINING FOR YOUTH
FALL 2012

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**

*Class activities can be used toward Personal Fitness Scout merit badge. During registration, please indicate if you will be passing off the Merit Badge.

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 ..... Cross Training for Youth
Where ..... Legacy Center (East Gym)
Who ..... Ages 8yrs to 18yrs old
Date ..... Session 1: Sept 11- Oct 18
Session 2: Oct 30th - Dec 20th (No class Nov. 20 & 22)
Day ..... Tuesday and Thursday
Time 5:15pm-6:15pm
Fee ..... $72 ($60 Lehi Resident Discount)

REGISTRATION

Come to the Legacy Registration Office
Mon-Fri 8am-6pm OR www.lehi-ut.gov

INFORMATION

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

Post Until 12-20-12

Legacy Center

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

Find me on facebook

www.lehi-ut.gov/legacycenter

follow us on twitter