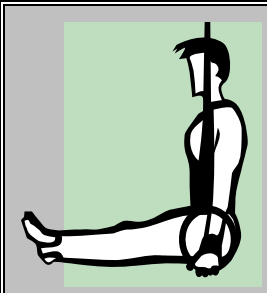

Cross Training for Youth

LEHI LEGACY CENTER
CROSS TRAINING FOR YOUTH
WINTER 2013

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 ..... Winter Cross Training for Youth
Where ..... Legacy Center (East Gym)
Who ..... Ages 8yrs to 18yrs old
Date ..... Session 1 – Jan 8 - Feb 14
Session 2 – Feb 19 - Mar 28
Session 3 – April 9 - May 16
Day ..... Tuesday and Thursday
Time 5:15-6:15pm
Fee ..... $72 ($60 Lehi Resident Discount)
(No Class Dates: March 14 (class will be held on March 15th instead)

REGISTRATION

Registration starts Dec 10, 2012

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 5/16/13

Legacy Center

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

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