



CROSS TRAINING FOR YOUTH

FALL 2015

QUICK FACTS

WHAT Cross Training for Youth
 WHERE Lehi Legacy Center, East Gym
 WHO 10yrs to 18yrs
 WHEN Session I - Sept. 1 - Oct. 8.
 Session II - Oct. 13 - Nov. 24.
 No Class Oct. 15
 DAYS Tuesday and Thursday
 FEES Res.: \$60; Non-Res.: \$72.

CROSS TRAINING FOR YOUTH

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; push-ups, 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

REGISTRATION

Registration Deadline: Until Full

Register at the Legacy Center Back Office during normal business hours or online at www.lehi-ut.gov/legacy-center.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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Session 1	Session 2
Tuesday & Thursday	Tuesday & Thursday
Sept. 1 - Oct. 8	Oct. 13 - Nov. 24
5:30 p.m. - 6:30 p.m.	5:30 p.m. - 6:30 p.m.
	No class Thur. Oct. 15

LEHI LEGACY CENTER
 123 North Center Street
 385.201.2000
www.lehi-ut.gov/legacy-center



REGISTRATION HOURS
 Monday-Friday
 8 a.m. to 6 p.m.
 or register online.