



# FITNESS & FUN

SUMMER 2015

## QUICK FACTS

WHAT.....Moving Your Way to Fitness & Fun  
 WHERE .....Timpanogos Cave  
 WHO .....Anyone  
 WHEN .....Starts May 9th to September 5th  
 Days .....Everyday  
 TIME .....Anytime  
 FEES .....FREE with registration at the link below  
 INCLUDES. Prizes for the most miles hiked and most fitness hours logged.

## MOVING YOUR WAY TO FITNESS & FUN

### MAY 9- SEPTEMBER 5, 2015

The Lehi Legacy Center and the American Fork Fitness Centers are partnering with the Timpanogos Cave National Monument trail in a program called Moving Your Way to Fitness & Fun. This sponsored program benefits the surrounding areas of Timp Cave to encourage fitness and a healthy lifestyle by educating and rewarding participants for their efforts and their commitments to utilize the Timpanogos Cave National Monument trail.

You can sign up for this great program on Saturday, May 9th through September 5th. Prizes will be rewarded for the most miles hiked and prizes will be awarded for the most minutes logged in for physical activity. For more information visit: <https://www.facebook.com/MovingYourWayToFitnessFun?ref=hl>

\*\*This project was made possible in part by a grant from the National Park Foundation through the generous support of Coca-Cola and Subaru.

## REGISTRATION

Registration Deadline: None

Register at the Legacy Center Front Desk on the iPad during normal business hours Monday-Saturday 5 a.m. to 11 p.m.

## MORE INFORMATION



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



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### FREE REGISTRATION

<https://docs.google.com/forms/d/1GkMJJa5wY-zLDrinEeEICx8HcmhISBnhB0Y7kUH7pB2c/viewform>



LEHI LEGACY CENTER  
 123 North Center Street  
 385.201.2000

[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)



# RECREATION

### REGISTRATION HOURS

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