



# YOUTH STRENGTH TRAINING

FALL 2016

## QUICK FACTS

WHAT ..... Youth Strength Training

WHERE ..... Lehi Legacy Center, Weight Room

WHO ..... 12yrs to 18yrs; Beginner to Intermediate fitness level.

WHEN ..... Session 1 - Nov. 2- Nov. 21

DAYS ..... Monday and Wednesday

FEES ..... \$120

## YOUTH STRENGTH TRAINING

Looking for a way to help your kids stay or become more active? At a fraction of the cost compared to 1:1 Personal Training Sessions, this Strength Training class is a great way to help your kids develop a healthy body image, self-confidence, and self-esteem in a group setting. If we can help give them the tools they need to help them stay active and fit while they are young, this will increase the chance of it carrying over into adulthood and can have a significant impact on their lifestyle and level of activity as they grow up! If you have kids that will be participating in sports or other recreational activities, a well-structured and supervised strength training program by a qualified professional is probably one of the best ways to help them develop their strength and performance and decrease their risk of injury! Class taught by Tiffany Heath, ACSM Certified Exercise Physiologist.

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

## MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000 OR Tiffany at [ftheath@gmail.com](mailto:ftheath@gmail.com) (801-471-8879).



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## OBJECTIVE

*Helping your child learn safe and proper techniques that:*

- Improve their muscular strength and endurance.
- Decrease their risk of injury in sports and other activities.
- Help promote healthy blood pressure and cholesterol levels.
- Help your child maintain a healthy weight.
- Help promote a healthy lifestyle that are enjoyable, and your child can continue to use as he or she grows older.

Each participant will receive a personalized notebook with a progressive, written workout with various exercises targeting all the major muscles, appropriate recommended number of sets and repetitions, and optional homework.

### Session 1

Monday & Wednesday  
November 2 - November 21  
4:15 p.m. - 5:15 p.m.  
Registration Deadline  
October 24, 2016

LEHI LEGACY CENTER  
123 North Center Street  
385.201.2000  
[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)

LEHI CITY  
**RECREATION**

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