



FITNESS & FUN

SUMMER 2016

QUICK FACTS

WHAT.....Moving Your Way to Fitness & Fun
 WHERETimpanogos Cave
 WHOAnyone
 WHENStarts May 7th to September 2nd
 DaysEveryday
 TIMEAnytime
 FEESFREE with registration at the link below
 INCLUDES. Prizes for the most miles hiked and most fitness hours logged.

MOVING YOUR WAY TO FITNESS AND FUN

MAY 7- SEPTEMBER 2, 2016

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. This year in celebration of the 100th year of the National Park Foundation, we will be rewarding those who can hike the Timpanogas Cave National Monument trail 100 times.

You can sign up for this great program on Saturday, May 7th through September 2nd. Prizes will be rewarded for the most miles hiked. LLC will be rewarding prizes 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 the Coca-Cola Foundation.

FREE REGISTRATION

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



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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LEHI LEGACY CENTER
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www.lehi-ut.gov/legacy-center



RECREATION

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