

2012 Cross Training Challenge

What is the Cross Training Challenge?

The Cross Training Challenge is an individual challenge lasting 4 months. Your goal is to complete the following categories over the span of the 4 months.

When is the Cross Training Challenge?

You can start the cross training challenge in the months of January or February.

If you start your challenge in January you will finish at the end of April.

If you start your challenge in February you will finish at the end of March.

What does this include?

Completing all hours and classes in 4 months.

- *Treadmill 15 hours
- *Recreational Activity 30 hours
- *Elliptical 15 hours
- * Running/Walking 15 hours
- *AMT 15 hours
- * Cycling
- * Group Exercise 20 classes
- * Strength Training ½ hours a day for 30 days

When and Where can I sign up?

You can pick up a Cross Training Challenge blank card at any time. Cards can be found on the back table in the Wellness Center.

Awards

The Overall Winner of the Grubb Family YMCA Cross Training Challenge will receive a gift certificate to The Peppermill in Archdale and a T-Shirt!
(One Male & One Female)

Youth Participating in the Cross Training Challenge

Youth are considered to be between the ages of 11-15. Youth must be accompanied by an adult in the Wellness Center at all times. Youth must have completed their 3 youth orientations and have their yellow fitness badge in order to be in the Wellness Center.

The total hours of free weight time will be combined with the total number of strength training hours (using the Cybex equipment or functional fitness area). Youth 11-15 are not allowed to exercise in the free weight area.