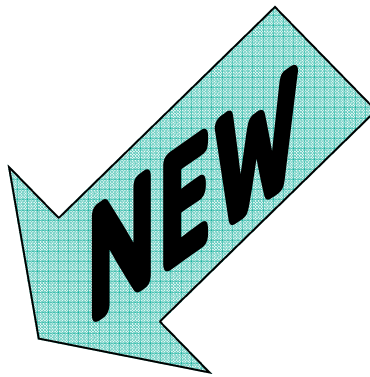


**NEW AT THE  
GLENDALE  
YOUTH HEALTH  
& FITNESS CENTER**



## Youth Boot Camp

**Want to get FIT?** Come join our Youth Boot Camp at the Youth Health and Fitness Center. This class focuses on core strength, weight-training and conditioning of the body via stretching.

### **Core Strength: AB WORKOUTS**

- Vertical leg crunch, long arm crunch, oblique twists, v-sit abdominal position, oblique crunch and cross over crunch - Strengthens the rectus abs as well as the internal and external obliques.
- Reverse crunch, as well as, the basic traditional crunch - Targets the rectus abdominis
- Plank abdominal Exercise and Alternating Superman - Helps build strength and stability

### **Weight Training:**

- Weights will be used to improve muscle definition and we will incorporate running to keep the heart rate up and improve the cardiovascular system.

### **Stretching:**

- Stretching all muscular groups helps you become more flexible, coordinated and improves the circulation of blood flow to all parts of the body.

**So what are you waiting for? Get in class and get FIT!**

**CLASSES START  
September 13, 2010  
Mondays & Wednesdays  
5:00 to 6:00 pm  
Ages 8 to 14**

**For more information contact  
Harout at the Youth Health and  
Fitness Center (818) 245-1778  
during regular Youth Center Hours**