



You've got this.

## Winter Triangle Fitness Options

### **Track #1 with Coach Loftin Johnson**

Two days a week we will be working in the weight room to build strength and endurance. We will focus on learning proper form and the fundamentals of a well-rounded fitness routine. During our other two days, we will explore a wide range of activities including yoga, barre, spinning, speed and agility, and some friendly competition games!

For those who play a sport during other seasons, we will include some sports-specific training to help you prepare for the upcoming season. For those who are new to fitness, we'll find a fun routine to get you moving and enjoying exercise.

My goals for the trimester are to teach you the importance and value of physical activity, to help you find a workout you enjoy, and to provide an outlet for you to relieve some stress and clear your head. I hope this will be a time for you to try new things, build confidence, and have fun!

### **Track #2 with Coach Penn Lunger**

Everyone knows that working out with friends leads to better results and makes for more fun! Activities will be both indoors and outdoors. Strength and cardio exercises will include weight lifting, spinning, and running. You can also expect random fun games outdoors, and regular soccer skills sessions. Alternative workouts will be included for those who aren't preparing for spring soccer. If you want to laugh, sweat, and get stronger, sign up already!

### **Track #3 with Coach Meredith Primm**

A strong foundation is key to the success of anything – and fitness is no exception. Through this Triangle Fitness track, girls will build a solid conditioning base through movements based in strength and conditioning. While one day per week will be in the weight room, we will also build a base through a variety of activities such as cycling, running, body weight movements, games, and more. Lacrosse-specific training can be offered to athletes considering spring sports, while those who are seeking a strong base for their fitness are also encouraged to join.

### **Track #4 with Coach Merridith Cho**

Fitness FUNdamentals: Join us for indoor and outdoor activities to build strength, agility, speed, and endurance while working hard and having fun. All fitness levels welcome. Let's get better together! There is an additional opportunity for lacrosse players to do stick and skill work on Tuesdays and Thursdays from 5-6 p.m.

**Each girl must choose a first and a second Winter Triangle Fitness option!**