

SALT LAKE COUNTY RECREATION

Girls Only

Strength & Conditioning

2017 Summer Workouts

Register In Person:

Northwest Recreation Center
1300 West 300 North
Salt Lake City, UT 84116

Or Online at:

activityreg.com

1st Session Dates:

Tuesdays and Thursdays starting June 6th and ending June 29th

2nd Session Dates:

Tuesdays and Thursdays starting July 18th and ending August 10th.

Session Time:

10:30am—11:30am

Questions? Call: 385-468-1319

Girls Only Grades: 9th—12th

Workouts : Will include agility, strength and conditioning. Come ready to work.

Fee: \$25 includes 8 sessions with Coach Peregord and a t-shirt.

Workout Location:

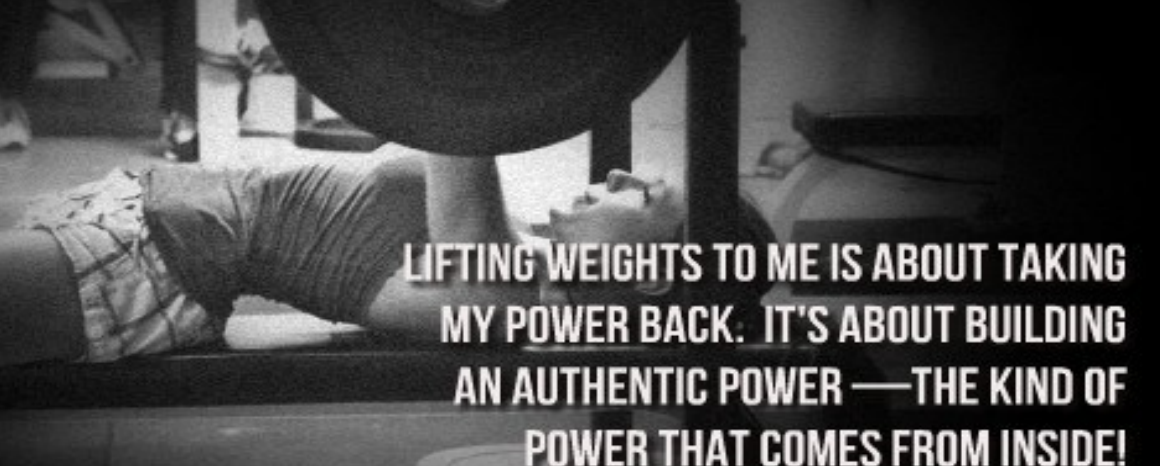
Northwest Recreation Center
1300 West 300 North

About the Coach:

Meghan Peregord is new to Utah and Salt Lake County Parks and Recreation! She is a former 2 sport collegiate athlete and has been coaching women's basketball for 10 years at all age levels. Most recently she was a Varsity Girls Basketball coach at Colorado Academy in Denver, Colorado. She has also worked several collegiate basketball camps in the Mid-West. She has years of experience developing and implementing strength/agility and conditioning programs for her athletes.



**SALT LAKE
COUNTY**
PARKS &
RECREATION



LIFTING WEIGHTS TO ME IS ABOUT TAKING
MY POWER BACK. IT'S ABOUT BUILDING
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POWER THAT COMES FROM INSIDE!