



Cross Training Westborough Teens is a strength and conditioning program designed for 13-17 years old athletes and non-athletes alike. The program combines age-appropriate weightlifting and gymnastics with high intensity training to deliver optimal fitness and performance, as well as establish a lifetime love of fitness. Proper weightlifting techniques are taught, under the watchful eye of our certified trainers, to enhance strength and power, while also focusing on basic gymnastics to increase agility, mobility and flexibility.

If your teenager is already an athlete, our program is designed to take them to the next level by teaching proper mechanics, recovery, movement, nutrition, and flexibility. Most teen athletic programs focus on one specific sport. This can lead to overuse injuries. Additionally, athletes who do not participate in a diverse program tend not to develop strengths disassociated with their sports. We instead aim to create an all-around athlete that will excel at any sport or physical task thrown their way.

If your teen is not an athlete, our program is guaranteed to help them establish healthy lifestyle habits, and convert them from a sedentary lifestyle to a more active, prolific one. Our primary goals are to convey the notion that fitness can be fun, and help these teens develop a positive self-image. not only teaches one how to work out, it teaches one the essence of focus, perseverance, dedication, and motivation. Our teen program makes kids healthy and fit. It not only builds strength in the body but it also strengthens the mind.

Whether your teen is looking for a stand-alone strength and conditioning program, or additional training to supplement their sport specific training, WCF Teens is committed to helping them achieve their goals in a fun, judgment free environment surrounded by your peers.

WCT Teens classes are held Mon/Wed/Friday at 3:30pm.

Our enrollment is ongoing and rates are month to month EFT with a 14 day notice to stop or hold. Membership can be combined with CrossFit Teens.

Email our Cross Training Director, Cyndy Bohn, at cbohn@wtsc.com with any questions.

Member Pricing (per month):

- 1 child \$75 (\$50 for each additional child.)

Non Member Pricing (per month):

- 1 child \$100 (\$75 for each additional child)

Must have EFT on file.