

## **TRIATHLON TRAINING**

Get involved in triathlon training with our new YMCA training group. The group meets 3 times / week to train on a bike, take a run, or go for a swim.

### Morning Option:

6 – 7 am Mon – Bike  
6 – 7 am Wed – Run  
6 – 7 am Thurs (Beg) or  
Fri (Adv) – Swim

### Evening Option: **NEW!**

5:30 – 6:30 pm Mon – Run  
5:10 – 6 pm Wed – Bike  
5:30 – 6:30 pm Thurs – Swim

Cost: M: NC  
NM: \$150

### Abs and Core Option:

Tuesday morning Abs and Core Class can be added to the workout.

Cost: M: NC  
NM: \$25

For more information please contact Dawn Duiker at [dawnbymca@hotmail.com](mailto:dawnbymca@hotmail.com)