FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST TRI IT

TRIATHLON TRAINING PROGRAM

12 Weeks

DOWNTOWN Y

JUST TRI IT is a12 week sprint triathlon training program to inspire people to get healthy and fit. This program is open to all levels (novice to advanced). It provides participants the opportunity to train for a triathlon in a fun, challenging and non-intimidating environment, OR just to CHALLENGE yourself to complete an Ironman Distance over the 12 weeks. Either way enjoy the benefits of weekly workouts, group support and instructor lead training.

PROGRAM INCLUDES:

Weekly Training Schedules | Saturday Training Class (715am-815am – Downtown Y) | Monthly Seminars
Participant T-Shirts | Finishers receive Finisher (Challenge) Shirt.

PROGRAM DATES

REGISTRATION BEGINS – Monday December 5th, 2016
PROGRAM BEGINS Week of February 5th – Ends Saturday April 29th, 2017

MEMBERS: $50 | Non-Member Challenge Only* Fee: $50

*Challenge Only Fee: (Receive weekly workouts; Log miles towards Ironman Distance.)

ONLY 25 SPOTS AVAILABLE!

For more information, please contact
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