



WALK JOG RUN



**JOIN THE YMCA RUN CLUB AND WALK,
JOG OR RUN YOUR WAY INTO THE NEW YEAR!**

November 15 – December 20

Tuesdays & Thursdays

5:30pm – 6:30pm

WITH COACH COURTNEY

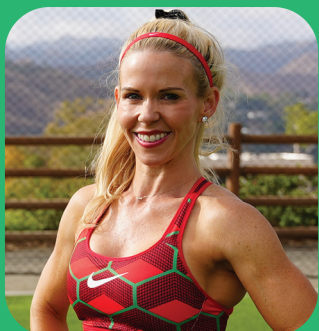
MEET IN THE YARROW FAMILY YMCA LOBBY

FREE TO MEMBERS

Please register at

www.sevymca.org/clubs

Whether you are new to running or looking to improve your time, this is the Club for you!
Plus, it is a great way to make new friends!



COURTNEY is a former Ironman Triathlete and marathoner and has a passion for fitness and helping others reach their goals! She will help you fall in love with running and all the social fun that goes along with it!