

Y Y- RUN?

“YRun?”

For physical conditioning
of the heart and lungs ,
increased bone density,
stress relief and weight loss.

Beginning Monday, October 4th, 2010

Join us for “Y-Run?”!

LED BY Teresita Valdes

Y Run?” is a Beginner's running program to get you from walking to running in 10 weeks. By using short amounts of running to increase endurance, you will build up the energy to complete a 5K marathon. Each session will take about 45 minutes and requires a 3 times a week commitment. We will meet two nights as a team and you will do a 3rd time on your own when schedule allows. Finishes with the Jingle Bell Run!

Cost of 10 Week Program

\$50.00 Members

Runner's Necessity Pack Included!

Contains:

- “When times are tough, RUN it out!” YMCA–Tee
 - Sport Bag with “Y” Logo
 - Sport Towel with “Y” Logo
 - Sport Water Bottle

**Please Remember to
wear running shoes
and bring water!!**



FRANKLIN COUNTY FAMILY YMCA

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*We build
strong kids,
strong families,
strong communities.*