

# YHEALTH & FITNESS™

**Group Training  
is fun and motivating!**

**Triathlon: Swim, bike, run.**


**TRIATHLON is Well-balanced cardio training with a purpose**

# Triathlon Training

Typical classes include indoor cycling or outdoor running in pace groups followed by an hour of coached swimming.

Classes are lead by USA Triathlon Level II Coach Mike Garton plus a star-studded team of other experienced triathlon instructors and triathlon related experts.

**\*Registration includes an integrated 6 days-per-week training plan that will prepare beginner participants for the Bluff Creek Sprint Triathlon on May 31<sup>st</sup> or intermediate participants for the Hy-Vee Triathlon on June 28<sup>th</sup>.**

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

[www.dnymca.org](http://www.dnymca.org)

**DAY:** Monday and Wednesday

**TIME:** 6:00pm – 8:00pm

**DATE:** March 30<sup>th</sup> – June 3<sup>rd</sup> (10 weeks)

**FEE:** YMCA Members: \$165  
Program Members: \$320

**PREREQ:** Swim 50 yards without stopping

## **REGISTER:**

- 1) Phone Ankeny Family YMCA – 965.8800
- 2) Or register at the front desk.
- 3) Or [www.dnymca.org](http://www.dnymca.org) – select Ankeny branch

## For more information:

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Through generous contributions from YMCA members and the United Way, no one is turned away from the YMCA due to the inability to pay.



## YMCA MISSION

*To put Christian principles into practice through programs that build healthy spirit, mind and body for all.*