



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RUNNING 101

AGES 16 AND OVER

Enjoy the benefits of running in a fun, supportive group-training program.

Achieve your goal of running a 5K by participating in this 8-week program designed to teach those new or returning to running the fundamentals of running.

Led by veteran runner and certified running coach Liz Ireland, you'll learn proper running techniques, participate in weekly training sessions, and receive workout plans and tips to successfully complete a 5K.

Wednesday, September 8 — October 27
6 — 7 p.m.

Y Members: \$50
JSRC or Sandy Hookers: \$75
Non-Members: \$100

For more information, call
(732) 741-2504, ext. 16.

THE COMMUNITY YMCA

Red Bank Family Health & Fitness Center
166 Maple Avenue
Red Bank, NJ 07701
www.TheCommunityYMCA.org



