

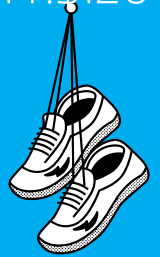
NEVER EVER 5K



PREP CLUB



CLUB COST:
MEMBERS: \$99
COMMUNITY: \$120



Are you ready to take on the challenge of a 5K, but need help preparing? Join this Never Ever 5K Prep Club, which prepares runners for their first ever 5K! During this 8 week program, our Certified Personal Trainers will help their teams gain confidence and build stamina. Each team will meet for a 60-minute session, once per week, working towards a team goal of participating in The Stateline Family YMCA StoneBridge Half Marathon and 5K on Saturday, September 28th, 2024.

Tuesdays 8:30am at Ironworks with Cortnee 8/6-9/24
Wednesdays 9:00am at Ironworks with Juanita 8/7-9/25
Thursdays 6:00am at Roscoe with Erin 8/9-9/26

6 SPOTS
PER
GROUP!



Participants progress will be tracked and 2 individuals who are most improved will receive a code for free registration for the StoneBridge 5k and race t-shirt!

WWW.STATELINEYMCA.ORG/RUNNING

