

READY TO TRI?



Come join us at the Y for classes to help you train for your next Triathlon!

Train and Maintain

Come join us Monday, Wednesday & Friday mornings from 5:30-6:45am, we will be holding swim training for those working on improving their swim time for Triathlons, Open Water events, etc. Trainings can include but are not limited to a warm up, stroke drills, turns, technique, distance sets etc.

Spin

Looking to work on your cycling but weather isn't cooperating? Come join our new Spin Studio for spin class Tuesday mornings from 6-6:45am or Thursday mornings from 5:15-6am. Choose the classic hour long ride, or challenge yourself with shorter, more intense interval training! Spin is low impact, calorie scorching cardio for all levels.

CFAR, Open Gym or Fitness Center

CFAR is open to all runners, regardless of age, ability and experience. There is no application or membership fee to join, simply show up for one of their weekly events. Saturday morning group runs., runners typically group by interest and ability and depart from the Waynesboro YMCA parking lot at 7 AM. Monday thru Friday at the High School Track is also available from 5-7am.

If outside is not your thing, we also offer Open Gym for walking and running around the gym or our treadmills in our Fitness Center!

CHECKLIST

SWIM

- ✓ Swim Cap
- ✓ Goggles
- ✓ Swimsuit
- ✓ Towel

BIKE

- ✓ Helmet
- ✓ Good Working Bike
- ✓ Good Pair of Shoes

RUN

- ✓ Running Shoes

**Stroke, Spokes and Strides
Triathlon:
June 8th 2019**

