



Beginner's Running

AN 8-WEEK PROGRAM



A program built to
introduce beginner's to
the basics of running.

Instructed by NCSF Certified,
Audrey Wood.

COST:

\$60 Member \$85 Non-Y Member

CLASS DATES:

January 18 – April 1 (*Special 10 week course*)

April 6 – May 27 (*8 weeks*)

June 1 – July 22 (*8 weeks*)

August 3 – September 23 (*8 weeks*)

October 5 – November 24 (*8 weeks*)

Group 1 meets Tuesday and Thursdays at 10:00 am

Group 2 meets Tuesday and Thursdays at 6:00 pm

AGES: 12+

Huntington YMCA May Building

935 10th Avenue | Huntington, WV 25701

HOURS

Mon – Friday | 6:00 am – 10:00 pm

Saturday | 8:00 am – 9:00 pm

Sunday | 12:00 pm – 7:00 pm

For more information contact:

Sabrina Conley

MS Health & Wellness Director

1 (304) 525-8127, ext 41

www.huntingtonymca.org