

RESERVE YOUR SPOT NOW

For The **YMCA Couch To 5K!**



WHO: Male, female, young, old....anyone wanting to start a beginner running program.



WHAT : 8 week progressive running program
(start with more walking than running, gradually decrease walking, adding more running)



WHEN: Mondays & Wednesdays 5:45am
(starting August 2nd)



WHY: Get ready for the Honker 5k Run in Pierre September 25th



WHERE:Each week we will meet at a different spot (front desk will always have the schedule)

For more information or to register, stop by the **YMCA** front desk. Limited to the first 30 paid registrants
Cost is as follows: \$25 for members / \$36 for nonmembers

Due to this being a special event program requiring 2 instructors & additional costs, member plus memberships do not cover this program.