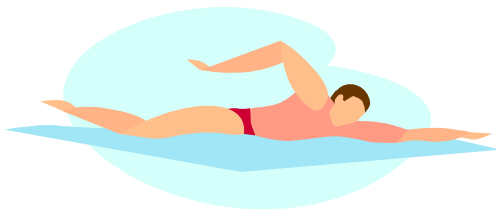


**NEW!**

# YMCA TRI TRAINING



**TRI TRAINING PROGRAM WILL BEGIN  
Wednesday, January 27, 2010.**

**Training Sessions will be Wednesday 7:45-9:00 pm (Cycling in the AP Room) and Thursday nights 8:00-9:00 pm (Swimming in the pool).**

**Great program to help kick your training up a notch for 2010!!!**

**DESIGNED FOR ALL LEVELS FROM THOSE WHO HAVE NEVER DONE A TRIATHLON TO THOSE WHO ARE VETERAN TRIATHLETES.**

**COST IS \$25 FOR MEMBERS/\$50 FOR NON-MEMBERS**

**YHEALTH & WELL-BEING™**

We build strong kids, strong families, strong communities.