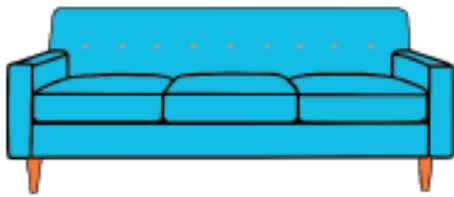




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Couch to 5k Program



9 WEEKS

DATE:

Tuesday's at 6:00 PM & Friday's at 7:00 AM
August 15th—October 13th

COST:

\$50 for Members
\$100 for Non-Members
Minimum of 3 participants

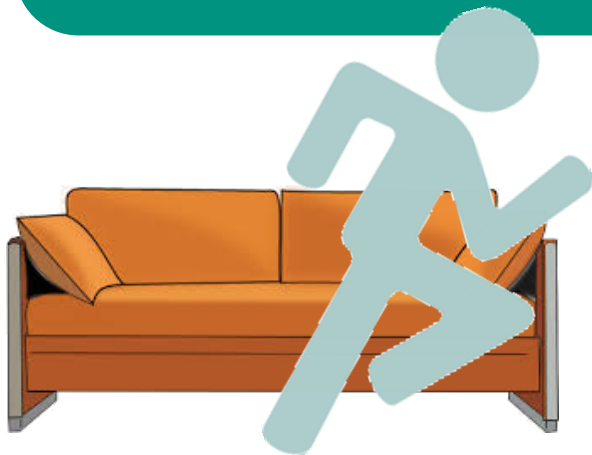
INCLUDES:

- 2 instructor lead classes per week
- 1 weekly homework assignment
- T-Shirt entry into the Oktoberfest 5k

LOCATION:

Smith Mountain Lake YMCA
293 Firstwatch Dr.
Moneta, VA 24121

FOR MORE INFORMATION: (540)721-9622 or sml1@franklincountyyymca.org



October 14, 2017

Smith Mountain Lake YMCA | 293 Fristwatch Dr., Moneta, VA 24121
(540)721-9622 | www.franklincountyyymca.org