



VIRTUAL ACCOUNTABILITY COUCH TO 5k FACEBOOK GROUP

Please join us on our journey to fitness with our FREE virtual Couch to 5k program. Join our private Facebook group called

Virtual Couch to 5k Accountability Group

Starting Monday, November 16th, workouts will be posted Monday, Wednesday and Friday. You'll also have access to training tips and an online support group to help you meet your goals!

HERE'S HOW:

- 1 Visit Franklin County Family YMCA Facebook Page
- 2 Find Groups and ask to join "Virtual Couch to 5K Accountability Group" where weekly workouts will be posted
- 3 Take a picture and post it in the comments when you've completed that workout We'll choose a picture from these to be posted on our main page as the Photo of the Week!

COSTS: FREE FOR MEMBERS
\$5 FOR NON-MEMBERS

**Our GOBBLE WOBBLE 5k on November 27th
will be included in the training!**

www.franklincountyyymca.org