



Mission Valley YMCA • 5505 Friars Road • 619-298-3576

RUNNING 101

Running is more than just walking fast . . . Join us and learn the fundamentals of effective running, including proper form, technique, and breathing. Whether you want to run your first race or make the most of your treadmill workout, this class, taught by a certified Personal Trainer and experienced runner, is for you.

**Meet outside front entrance of
Mission Valley YMCA Friars Road site.**

**September 29 - November 5
(6-weeks)**

**Tuesdays & Thursdays
5:30 p.m. - 6:30 p.m.**

Member\$50 Participant.....\$60

Register at the Member Service Desk.

**For more information, call Michelle Victor
at 619-298-3576, ext. 1217**

