



# WALK AND RUN CLUB

**June 19th–August 30th**



**Ideal for brand-new runners, or those returning to the sport from injury or a long layoff. A run/walk program guides the athlete to a safe transition from non-running to running, or allows him or her to return to running successfully.**

**Are you a current Runner that would like to get more out of their training? This RUN CLUB is for you! Just like the walk to run, the Run Smarter Program will help improve your current pace.**

**Mondays and Wednesdays 6:00pm–7:15pm**

**This program will meet 2 day per week and a weekly training schedule will be provided to all participants.**

**Instructor: Zach McQuaid**

**Free for Fulton YMCA Members**

**Non members \$5.00 for per week!**