

Y RUNNING CLUB COUCH TO RED BANK 5K TRAINING!



TRAIN FOR OUR MAIN EVENT: The Red Bank Classic 5K on June 17, 2023!

Led by Y Fitness Director, triathlete, and 5K runner Jessica MacDonald, this program gradually trains beginners to run 3 miles over an 8-week period and aims to transform a sedentary lifestyle into an active one. Come once/week to practice the intervals, build stamina, and acquire custom training regimens to follow outside of class.

APR. 21-JUN. 9, 2023 | 18 years+

COST: (per 8 Week Session)

NON-MEMBER

\$25

MEMBER

Free



Proceeds of this event support Y programs for Red Bank youth.



OPEN TO ALL!

Weekly Fridays | 7 A.M.

Meet at the **Red Bank Family YMCA**

Training will be hosted at Count Basie Fields.

Limited spots available,
register today:

» ymcanj.org/register

For more info, contact Jessica MacDonald
at **732.741.2504 ext. 219** or **jmacdonald@ymcanj.org**

**For RED BANK 5K CLASSIC
registration and sponsorship,
» redbankclassic.com**



YMCA OF GREATER MONMOUTH COUNTY

Red Bank Family YMCA
166 Maple Avenue
Red Bank, NJ 07701

732.741.2504
membership@ymcanj.org

YMCANJ.org

223-6689-RBY

Here for all.
Financial assistance is offered
based on availability of funds.