



# RUNNING GROUP TRAINING SESSIONS

**RUN . TRAIN . SUCCEED**

MOTIVATE  
ACTIVITY  
DIVERSITY, BALANCE & FLEXIBILITY

**Walk to Run**  
Beginner Level  
Free to Members | \$125 Non-Mem  
Ongoing 13-wk session. May join at any time.

Location	Day	Time
North Y	Monday	4:45-5:45pm*
Northwest Y	Monday	On Pause
	Wednesday	Will return soon
Manlius	Monday	5:30-6:45pm*
Southwest	Tuesday	9:30-10:45am

**Hydro Running** All Classes  
Free to Members  
Increase cardio output with zero impact. Great alternative to running when injured!

Location	Day	Time
North Y	Wednesday	10:30-11:15am
	Friday	10:30-11:15am
Northwest Y		
Hal Welsh East Y	Monday	10:30-11:15am
	Tuesday	10:30-11:15am
	Wednesday	4:00-4:45pm
Downtown Y	Thursday	10:00-10:45am

**Half Marathon , Marathon , and Ultra Distance**  
\$125 Members | \$250 Non-Mem  
Endurance Training for all races

Location	Day	Time
North Team TBA	Wednesday	Will return soon
East Team TBA	Tuesday	6:30-8:00pm*

\*may join at anytime

Private run lessons with a YMCA running coach are available.  
Video Run Analysis - \$25 to members

Name: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Cell phone number: \_\_\_\_\_

**Run Club**  
Beginner-Intermediate Level  
Free to Members | \$125 Non-Mem  
Ongoing 13-wk session. May join at any time.

Location	Day	Time
North Y	Monday	4:45-5:45pm*
	Wednesday	5:45-6:45am
		9:30-10:45am*
Northwest Y	Tuesday	5:45-6:45am
	Thursday	9:30-11:00am*
		6:30-7:45pm Elden Elem, Bville*
Hal Welsh East Y	Thursday	5:45-6:45am
		9:30-11:00am*
Manlius Y	Monday	5:30-6:45pm
Downtown Y	Tuesday	5:45-6:45am
	CLIMB! Thursday	On Hold
Southwest Y track	Tuesday	9:30-10:45am
	Wednesday	5:45-6:45am

### Developmental Long Run

Location	Day	Time
North Y	Friday	9:30-11:00am
Northwest Y	Monday	Return soon
Hal Welsh East	Monday	Return soon

Green Lakes State Park at West Beach

Saturdays on even calendar days

7:00am Marathoners

8:00am All Welcome Join Us we are back at it!

Onondaga Lake Park at Willow Bay

Saturdays on odd calendar days

7:00am Marathoners

8:00am All Welcome Join Us we are back at it!

- May join at anytime
- red denotes change
- Download the YMCA of CNY App or Go to YCNY.ORG to register
- MUST REGISTER at least 1 week in advance.

For more information and any questions, please contact  
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