



RUNNING GROUP

RUN . TRAIN. SUCCEED

MOTIVATE
ACTIVITY

FALL / WINTER PROGRAMS

To register - see Member Services or go to ymcacny.org

WALK TO RUN

Beginner Level

Ongoing 13 week session - may join any time

North Y	Monday	5:00-6:15pm
Northwest Y	Thursday	8:30-9:20am
Learn to speed-walk!		
Hal Welsh East	Wednesday	5:45-6:45pm
Manlius Y	Monday	5:30-6:45pm
Southwest Y	Tuesday	9:30-10:45am

Free to members

HYDRO RUNNING

Increase cardio output with zero impact. Great alternative to running when injured!

North Y	Wednesday	10:30-11:15am
	Friday	8:30-9:15am
Hal Welsh East Y	Monday	10:30-11:15am
	Monday	4-4:45pm
Downtown Y	Monday	7:30-8:15am
	Tuesday	12:10-12:50pm

MARATHON, HALF MARATHON, ULTRA DISTANCE

Endurance Training for all races

Ongoing - may join any time

East Team @ Jamesville/Dewitt High	Tuesday	6:30-8:00pm
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Members \$150
Non Members \$300

RUN CLUB

Beginner-Intermediate Level

Ongoing 13 week session - may join any time

North Y	Monday	5:00-6:15pm
	Wednesday	5:45-6:45am
Northwest Y @	Tuesday	5:45-6:45am
	Thursday	9:30-11:00am
Elden Elem School		6:30-7:45pm
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
Southwest Y	Tuesday	9:30-10:45am
	Wednesday	5:45-6:45am

Free to members

ADDITIONAL PROGRAMS & SERVICES

- Private run lessons with a YMCA running coach are available.
- Video Run Analysis - \$30 for Members
- Online Coaching Available

For more information, contact Jenny Hughes at jhughes@ymcacny.org

Join or Facebook page for updates **Syracuse Y Runners.**