

GAC ADULT PROGRAMS

GAC TRIATHLON TRAINING

Begins Monday, Jan. 14

Want to learn how to effectively train for and compete in a triathlon? Then this ten week program is for you! Whether you're a complete beginner or just want to improve your time — Triathlon Training at Genesys Athletic Club is suitable for every fitness level.

Program is coached by Erin Lamb and Tonya Briggs and Kelly Farnsworth. Erin has 12 yrs of sports and fitness experience a certified health coach and has her BS in Dietetics.

Participants will compete in the **Iron GAC Indoor Triathlon on Saturday, Mar. 23**

DAYS	TIME OF DAY	ACTIVITY
Monday	Evening 7p.m.	Swim
Tuesday	Day 9 a.m.	Swim
Wednesday	Evening 7 p.m.	Run/Bike
Thursday	Day 9 a.m.	Run/Bike

** Actual times will be based on participants schedules*

PRICE

Members - \$269

Non-members - \$369

Price includes entry to the Iron GAC Triathlon.

SIGN UP

Space is limited so sign up today! To sign up call Tricia Clark at 810-606-7518 or visit us online to sign up.



Stay up to date with GAC updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @GACfit and also stay in the loop by visiting us online at www.genesysathleticclub.com!

GENESYS
ATHLETIC CLUB