



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

10K YOUR WAY



10 Weeks to a 10K Training YMCA OF MONTCLAIR RUN WITH US!

When:

Begins Monday March 25th

Time:

Monday 6:45pm

Wednesday 7:15 pm

Saturday 8:30am

Fee:

YMCA members \$115

Non-members \$150

(includes entry into Montclair 10k Run)

BENEFITS INCLUDE:

Improved stamina

Increased mental sharpness

Prevents muscular and bone loss

Develop more confidence

LIMITED SPOTS

AVAILABLE!

Are you trying to get in shape for summer? Are you beginning a new running program?
The YMCA of Montclair's 10 weeks to a 10k program may be just what you need!
This program is for all runners and run/walkers. See you at the finish line!

Please contact : **Washima Redding** , Senior Health and Wellness Director
at 973-415-6111 or wredding@montclairymca.org