

Intermediate/Advanced RUNNING PROGRAM

This outdoors, 14-week program is designed to improve experienced runners with distance, speed, technique and endurance.

COST:

\$100 Member \$125 Non-Y Member

CLASS DATES:

January 4 – April 9 | April 12 – July 16 | August 2 – November 5

Meets Tuesday and Thursdays at 6:00 am

AGES: 12+

INSTRUCTOR: Noah Kinney

NCSF Certified, NSCA Member,
Former MU Cross Country & Track, 5 Marathons,
2 ½ Marathons, 2009 Duathlon Champion, ½ Iron Man 2007

RECOMMENDATIONS:

This program will be conducted outdoors, so please be advised cold-weather attire should be worn along with running shoes.



For more information
contact: Sabrina Conley
MS Health & Wellness Director
1 (304) 525-8127, ext 41

Huntington YMCA May Building
935 10th Avenue | Huntington, WV 25701

HOURS
Mon – Friday | 6:00 am – 10:00 pm
Saturday | 8:00 am – 9:00 pm Sunday | 12:00 pm – 7:00 pm

www.huntingtonymca.org