



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAIN YOURSELF HARDER

Train Like You Mean It

Adults 16+

Next session starts

October 18th-December 10, 2016

Days

Tues & Thur (5:30-6:30pm) & 2 Saturdays (TBA)

Kick-off Meeting

Tuesday, October 18th at 5:30pm

Event

Saturday, December 10, 2016

renegaferacerseries.com

Program Fee

Members: \$75

Program Members: \$115

* Event registration fee
not included with program fee

* Coincides with Youth Run Program

Each week will consist of a running form Day,
a core conditioning day, and a weekly run
schedule to prepare for the Santa 5K or 10K
Santa Run (Registration NOT included) on
Saturday, Dec 10, 2016.

www.renegaderaceseries.com



**SIGN UP
TODAY!**
(949) 859-9622

MISSION VIEJO FAMILY YMCA

27341 Trabuco Circle, Mission Viejo, CA 92692

(949) 859-9622

ymcaoc.org/mv

