

**Do You Want to Do a Triathlon?**

# Triathlon 101 Class



*hosted by the Fox Cities Triathlon Club*

## **TRIATHLON 101 CLASS**

**Learn How to do Your First Triathlon.**

**Attend TRI 101 Class at either of these locations:**

**Downtown YMCA**

**Aurora BayCare Orthopedic & Sports Medicine Center**

**Appleton**

**Green Bay**

**Tuesday, February 23**

**Thursday, Feb. 25**

**6:30 p.m.**

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**In addition to free attendance, receive:**

**\$10 off the Green Bay or High Cliff Triathlon registration fee**

**if you attend a Tri 101 Class. For details: [foxtriclub.com](http://foxtriclub.com)**

**800-429-8044**

**Free!!!**

**Topics include: Create a training schedule to finish your first triathlon, nutrition, swimming, biking, and how to pull these together to confidently complete your first multisport event.**



**YMCA**

**We build strong kids,  
strong families, strong communities.**

**Aurora BayCare**

**SPORTS MEDICINE**

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