

Adult Swim Focus Triathlon Training Program May 31st-August 16th, 2023

Triathlon Training Program Includes:

- Two group sessions a week with trainer
- Weekly email updates

Training Times:

- Mondays: Meet at Wellness Center; Swim (6:15-7:15)
- Wednesdays: Meet at Lake Alvin or Wall Lake; Swim/Bike/Run (6:00-8:15 pm)

Cost: \$200.00 (\$250.00 non-member)
Registration deadline is Wednesday, May 24th, 2023

Sign-up online at sanfordwellness.org

<https://hnd-p-ols.spectrumng.net/sanfordwellnesscentersiouxfalls/Login.aspx>

*Participant must be able to swim and be comfortable in open water

For more information contact: Kathy.grady@sanfordhealth.org



Fitness that fits your life.

