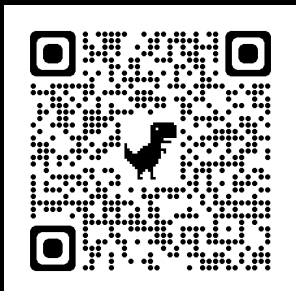




COUCH TO 5K RUN GROUP

Join our **COUCH TO 5K RUN GROUP** to get moving and prepared for Sara's YMCA Run! Ballantyne event, which is held on December 11th. This is an eight week program and is perfect for beginners to advanced runners. The group is perfect for accountability and encouragement and will offer running tips, Facebook live Q&A, and stretches from a professional coach. Join our private Facebook group to create run meet ups at Morrison and Sara's.

**SCAN TO JOIN OUR
FACEBOOK GROUP**



Ready to sign up for Run! Ballantyne? Scan here and register before the rate increase on November 1st.
YMCACHARLOTTE.ORG/EVENTS

