



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IDLE IRONMAN 2018

## STRETCH-A-THON



**Swim. Bike. Run. STRETCH.**

The last stretch of the Ironman is always the hardest, so end your training week with our Stretch-a-thon! This four week instructor led flexibility training session will consist of a warm-up phase with dynamic stretching, and then focus on stretching the main muscle groups used in a triathlon. The goal of this class is to teach participants how to properly use stretching equipment such as foam rollers, straps, and exercise balls to incorporate flexibility training into their workout and reduce muscle soreness and risk of injury.

**Attend one of the following days & times:**

- Tuesday or Thursday from 12-12:30pm
- Monday or Friday from 10-10:30am & 6-6:30pm

**Registration Fee:** \$10.00

Get ready for the last stretch! **Register today!**