Small Group Triathlon Training

Tuesdays 9am & Thursdays 5-6am • Michelle King, Instructor

Tueday bike/run (or spin if weather is bad) workout and Thursday swim at Glen Ellen. Bike, helmet, sneakers and bathing suit required, wetsuit optional if it is cold.

Participants will receive a training program for additional workouts on their own.

$20 members, $24 non-members; minimum of 4 participants required.

Teens welcome too. Contact Michelle King at 781-247-3423 for more information.