

New to Triathlon?

Try Virtua's Beginner Tri Training Program

8-Week Program starts Thursday, April 16 6:30PM



Includes:

- ♦ Weekly lectures and group training with USAT Certified Coaches, Certified Strength and Conditioning Specialists, lectures on nutrition, bike maintenance and more
- ♦ Easy to follow 8-week training program using Training Peaks
- ♦ Swim technique evaluation and instruction
- ♦ Bike, Run and Triathlon specific skills and drills
- ♦ 2-month membership while participating for non-member

Cost: \$255 for members; \$355 for non-members

For more details call 856-325-5300

or email Shauna at Snavarro@virtua.org



**William G. Rohrer
Center for
HealthFitness**