



PATCHOGUE FAMILY YMCA

RUNNING CLUB



This program is an interactive group running class hosted by our very own All-American triathlete Tim Steiskal, Tim has competed in triathlons for over 20 years winning 50+ events along the way.

Training is indoors with a focus on form-based interval running. Members receive professional coaching for no extra cost to their membership.

LOCATION:
PATCHOGUE FAMILY YMCA INDOOR TRACK

TIME:
5:30-6:15 AGES 6-12
6:30-7:15PM ADULTS

Register Now!



PATCHOGUE FAMILY YMCA
255 WEST MAIN STREET
PATCHOGUE, NEW YORK 11772

