



All levels
invited to *tri!*

SWIM in the pool

- 15 Minutes

RIDE a spin bike

- 25 Minutes

RUN on a treadmill

- 20 Minutes

MARCH 28

1st Wave at 7:00 AM



**SPRING
FEVER**



INDOOR TRIATHLON



INFO, FEES, REGISTER: bfymca.org/springfevertri or scan QR code

COVID-19 Prevention Policies Strictly Enforced | Spots are Limited

BERKSHIRE FAMILY YMCA | [BFYMCA.ORG](https://bfymca.org)

