

Cayuga Coaching

FREE Monday Evening Run



Starting April 16th
Mondays: 6:00 - 7:30 pm

Check out the Cayuga Coaching Facebook page for weekly workouts

Meeting at IHF Downtown. Come ready to run!

For more information contact Program Coordinator
Dillon Shaffer at dillonshaffer500@gmail.com



Cayuga
MEDICAL CENTER

A Member of Cayuga Health System

CAYUGA
COACHING



ISLAND
Health & Fitness

in partnership with Cayuga Medical Center