

Cayuga Coaching

Winter Endurance Training

Swim, Bike, Run: Choose 1, 2, or all 3

Swim

Coach: Sue

Tuesday

6:00am-7:00am

Thursday

11:30am-12:30pm

Bike

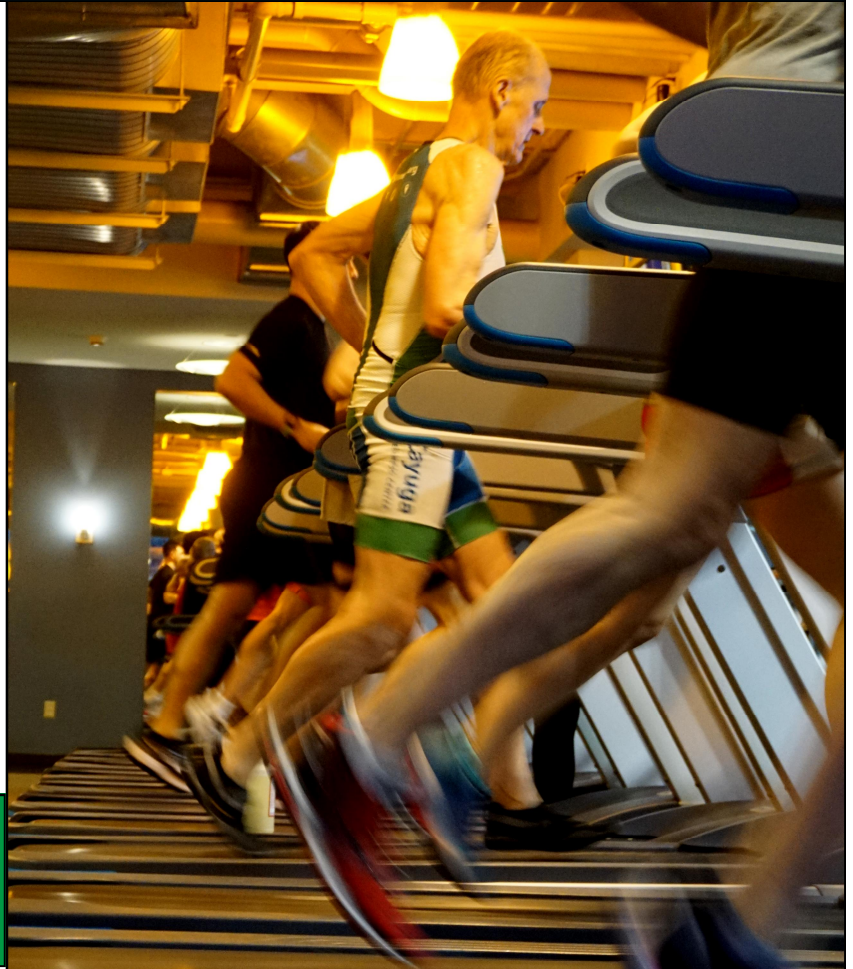
Coach: Liz and Sheila

Saturday 7:30am-8:30am

Run

Coach: Dillon

Friday 6:00am-7:00am



One Sport — \$99

UPick2 Sports — \$179

All Three Sports — \$249

Island Health & Fitness

8 week Program Begins January 22nd

FREE entry to Cayuga Coaching Indoor Tri Included

For more information contact Cayuga Coaching Program Coordinators

Adrian Western, awestern@cayugamed.org

Dillon Shaffer, dillonshaffer500@gmail.com



Cayuga

MEDICAL CENTER

A Member of Cayuga Health System

CAYUGA
COACHING



ISLAND
Health & Fitness
in partnership with Cayuga Medical Center