



Have you wanted to do a triathlon but just need guidance and support? The Invivo triathlon training group is just for you. The group will be geared toward the first-time triathlete and to individuals who simply want to add cross training to their current fitness program.

The group will provide a contact list so you can develop a relationship and communicate with training partners. A schedule for workshops, races, service references, and sample programs will also be provided.

**Join us Thursdays from
7:00-8:00pm**

Visit www.invivofitness.com
for additional information.

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