

RUNNING and TRIATHLON CLASSES in 6 WEEK PACKS!



GET IN SHAPE FOR THE HOLIDAYS!

EMAIL COACH K AT contact@MissionMultisport.com OR call 459-6967

DEADLINE for SIGNUPS is Friday, October 31.

WHAT	WHEN	GREAT FOR	WHERE	COST
<u>SWIM FOR ENDURANCE</u>	MONDAYS 9:30-10:30AM NOV. 3-DEC. 8	ANYONE WHO WANTS TO LEARN TO SWIM LIKE A FISH!	AVILA BAY ATHLETIC CLUB POOL	\$167.00 (\$139 ABAC MEMBERS)
<u>INTRO TO TRIATHLON</u>	MONDAYS 10:45-12NOON NOV. 3-DEC.8	IF YOU'VE BEEN THINKING ABOUT TRI-ING, THIS IS THE PLACE TO START!	AVILA BAY ATHLETIC CLUB	\$179.00 (\$149 ABAC MEMBERS)
<u>INTERM/ ADVANCED RUN GROUP</u>	WEDNESDAYS 9:30-11:00AM NOV.5-DEC10	IF YOU CAN RUN AT LEAST 5 MILES TO START AND WANT TO INCREASE YOUR MILES OUT ON THE TRAILS AND ROADS, THIS IS FOR U!	TBD/ VENUES ROTATE	\$108.00
<u>BEGINNERS' RUNNING GROUP, LEVEL 2</u>	FRIDAYS 9:30-10:45 NOV.7-DEC.12	IF YOU CAN JOG 30 MINUTES TO START, THIS GROUP WILL HELP YOU INCREASE TO THE NEXT LEVEL!	TBD/VENUES ROTATE	\$90

TESTIFY!!!

"Fantastic class! Coach Cathy pushes you to maximize your abilities and teaches you how to efficiently perform at your personal skill level. I love how it is a great training workout in a relaxed, non-intimidating environment! A must for all triathletes, potential triathletes, or those just wanting a great workout with a supportive class.

Coach
Cathy is the best!"

Shannon Marquis, AG

TESTIFY!!!

"I highly recommend attending Mission Multisports Triathlon Training Camp for anyone who is at a beginner or intermediate level. Coach Kathy's instruction was clear and easy to implement. Her experience as a triathlete and cross country coach make her an excellent resource."

Chris N - San Luis
Obispo



TESTIFY!



"Being in the Entertainment Industry, my time between public appearances, performances, and well, just running from the paparazzi, is extremely tight! With Coach Kathy's guidance, I was able to compete HARD in Tri's N' Stuff, and now all my celebrity friends are calling me to find out how they can get on Coach Kathy's program, too!"

Donna M. -
Hollywood, CA.

Testify!!!

"I was recently very fortunate to find the highly recommended Coach Kathy for individual swimming lessons. After once a week for only a few months I went from someone afraid to put their face in the water to a swimmer confident to attempt swimming in the Master's Swim Program. Kathy has all of the ingredients for athletic teaching success; she is a certificated teacher, has a background of personal Triathlon and athletic success, has supervised student teachers at Cal Poly, and most importantly of all, has an arsenal of extremely effective teaching techniques. Kathy provides positive reinforcement, excellent modeling, and individualizes instruction while still managing to provide a fun and enjoyable learning experience."

JACKIE B., Pismo