

Winter 2012 (Jan 10th-Mar 31st) Fighting Koalas Practices

Learn to Run Schedule, \$40 per month

Monday's	Tuesday's	Wednesday's	Thursday's	Saturday's
WEIGHTS 6-7:15PM	Runner's Den 6-7pm		Runner's Den 6-7pm	Runner's Den 9-10am

8:2'S AND 10:1'S Schedule, \$30 per month

Monday's	Tuesday's	Wednesday's	Thursday's	Saturday's
WEIGHTS 6-7:15PM	Runner's Den 6:30-7:30pm		Runner's Den 6:30-7:30pm	Runner's Den 9-10am

Competitive Adult Run Schedule, \$30 per month

Monday's	Tuesday's	Wednesday's	Thursday's	Saturday's
WEIGHTS 6-7:15PM	Runner's Den 6:30-7:45pm	WEIGHTS ON OWN	RD, TT run (fast) 6:30-7:30pm	RD, LSD run 9-11am

KOS Triathlon Schedule (9-14 YEARS OLD), \$85 P/MONTH, \$65 P/MONTH FOR RUN ONLY OR SWIM ONLY

Monday's	Tuesday's	Wednesday's	Thursday's	Saturday's
CARDIO/CORE 6-7PM	Y SWIM 8-9PM		RD RUN 5:30-6:15PM Y SWIM 8-9PM	Y CARDIO/CORE 12-1PM Y SWIM 1:15-2:15PM

KOS get practices, unlimited communication and social media

Junior Triathlon Schedule (15-19 YEARS OLD), \$100 per month

Monday's	Tuesday's	Wednesday's	Thursday's	Saturday's
Y TREADMILL 6-7:15PM IT CYCLE 7:30-9PM	Runner's Den 6:30-7:30pm Y Swim 8-9:15pm	IT CYCLE ON OWN	Runner's Den 6:30-7:30pm Y Swim 8-9:15pm	Runners Den Run 9am Y Swim Noon-1:15pm

Juniors get an individual training plan, Koala accountability, practices, unlimited communication and social media

Competitive Adult Triathlon Schedule, \$100 per month

Monday's	Tuesday's	Wednesday's	Thursday's	Saturday's
WEIGHTS 6-7:15PM IT CYCLE 7:30-9PM	Runner's Den 6:30-7:45pm Y Swim 8-9:15pm	WEIGHTS ON OWN	Runner's Den 6:30-7:45pm Y Swim 8-9:15pm	Runner's Den Run 9am Y Swim Noon-1:15pm

Adults get an individual training plan, Koala accountability, practices, unlimited communication and social media

ASK MAT ABOUT ADDING SEMI-PRIVATE SWIMS AND/OR COMPU-TRAINER CYCLING TO YOUR SCHEDULE

We offer much more than the services shown on the other side of the sheet

Running and Walking Shoes at discounted prices

Swim and Run Accessories

Bathing Suits

Cycling Clothing

Energy supplements and nutrition

Adult and Child swim lessons

Florida Family Training Camp (March of each year)

Winter Triathlon races for any level

Personal Training

Child Care during runs and indoor cycling workouts

Indoor Cycling Classes

Time Trial and Road Bikes for sale (summer 2012)

Fun bike trips in the summer

A great social atmosphere for you to enjoy

Our websites

www.rdwaterdown.com	www.downundercycling.ca	www.matreid.org
www.fightingkoalas.com	www.fightingkoalas.ca	www.koalaswalkandrun.com
www.panamacitytrainingcamp.com	www.laurensaunderstraining.com	www.swim4fitness.ca