

FREE RANG SUMMER



TO REGISTER
& DOWNLOAD
TRACKING FORMS



July 5 - September 5, 2022

#freerangeattymca



SELF-PACED TRIATHLON

TRI expanding your fitness comfort zone with the Attleboro Norton YMCA's Self-Paced Triathalon.

- SWIM
 - Complete a set number of Water HIIT/Water Fit classes, or complete distances on your own
- BIKE
 - Complete a set number of Spin classes, or complete distances on your own
- RUN
 - Complete a set number of HIIT/Bootcamp/WERQ/Zumba/Step/Klckboxing classes, or complete distances on your own

Cost:
\$10, Members/\$15, Non-Members

SUMMER STEP CHALLENGE

We challenge you to step up your game this summer! How about a daily goal of 7,500 steps per day (per recent health guidelines)? You pick the time and place!

POP-UP HIKES

Family Hike

Sponsored by Childwatch Program

Sun, July 10 | 11:00 AM

Camp Finberg, 295 West Main Street,
Norton, MA

Just One More Hike

Sponsored by 90 Day Program

Sat, August 6 | 11:00 AM

Capron Park/Farmers Mkt,
201 County Street, Attleboro, MA

**Cost for Summer Step Challenge
& Hikes: Free, Members/Non-Members**