

# TRIATHALON TRANSITIONS

**JUNE 20**  
**5-6 P.M.**  
Aerobics  
Studio



Join other beginner and intermediate triathletes for this workshop on triathlon transitions presented by USA Triathlon certified coach Stacy Munn. Learn tips and techniques to efficiently transition from swim to bike to run.

\$15/member, \$20/guests

Registration required.



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