



WALK, JOG or RUN

Fitness is a Lifestyle Let Y Striders help you!

At Y Striders you will be motivated and supported with your exercise so that you can maintain or improve your physical fitness levels to help you stay active and healthy. Everyone is encouraged to take responsibility for their own exercise habits, to set their own goals and to work at their own pace, within their own capabilities.

7 Sessions per week—Troy Park Burke Drive Attadale
ystriders.org.au

For **FITNESS** and **FUN**
with **YStriders Inc**

Not for profit - established 1997

WALK

INCREASED STRENGTH

MOTIVATION

GOOD COMPANY

JOG

NOT COMPETITIVE

TRAINERS AT ALL SESSIONS

CIRCUIT AND INTERVAL TRAINING

OPTIONAL STRENGTH EXERCISES

RUN

PROGRAMS TO BUILD ENDURANCE

TRAIN FOR EVENTS & FUN RUNS

SOCIAL ACTIVITIES

VALUE FOR MONEY

ASK ABOUT OUR 4 WEEK

FREE TRIAL

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