



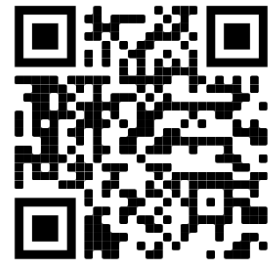
# FREE COUCH TO 5K TRAINING

Includes Y membership through November\*

**Mondays July 25–September 26  
6:00–7:00pm at the Saginaw YMCA**

**We want everyone in Saginaw to lace-up and step up for the first ever “BWell Saginaw 5K Race/Walk” on October 1, 2022 at the Saginaw YMCA!**

To help you prepare, these generous sponsors are offering a free 9-week “race/walk preparation” exercise program led by knowledgeable trainers, coaches, and educational guest speakers to the first 400 registered race participants. To register for both the race and the training, visit [bwellsaginaw.org](http://bwellsaginaw.org) or scan this code. Couch-to-5K registration can also take place at the front desk of the Saginaw YMCA with proof of paid race registration.



This training is for all fitness levels – from walkers and first-time runners to veteran athletes – and **includes all-access Saginaw YMCA membership pass** through November 2022 including free Child Watch during scheduled program hours on Monday nights. (Complimentary membership offer ends Monday August 22, 2022.) Couch-to-5K participants\* will receive a free training t-shirt along with helpful workout guidelines to prepare for race day and develop healthy habits for a lifetime.

**Join us Monday, July 25, 6:00pm at the Saginaw YMCA for a Couch-to-5K orientation session.**

Let’s BWell, Saginaw!



Saginaw County



HEALTH DEPARTMENT



COLLEGE OF  
**MEDICINE**  
CENTRAL MICHIGAN  
UNIVERSITY

\*Registered participants who are already Saginaw YMCA members (defined as a person who has been a member within the last 3 months) will receive the free Couch-to-5K training without the special Couch-to-5K YMCA membership program benefit.