



READY, SET, SWEAT.

TRAIN FOR THE UPCOMING RACE

SATURDAY, MAY 9, 2015



FROM 9:00AM-11:00AM

**ROCHESTER FAMILY YMCA
(OUTDOORS)**

709 - 1ST AVENUE
ROCHESTER, MN 55902

Prepare for race day with a **FREE** Spartan Workout! Learn exercises from official coaches and earn your signature "I'm Training for a Spartan Race" t-shirt. All you need is water, a towel, and friends!

REGISTER: WWW.SPARTAN.COM