

Triharder



with

Jerome Isakov

Schedule

Day	Location	Workout	Time
Tuesday	Central Park	Brick Ride & Run	6:30pm - 8pm
Wednesday	Whitehall St.	Swim Sin & Abs	6am 7am
Friday	Whitehall St.	Swim Spin	6am 7am
Saturday	Central Park	Group Ride	8am (3 hour)
Sunday	Central Park	Brick Run & Ride	8am

Contact:

Rob Sullivan for Registration & Fee

at: 212.269.9800



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