

Casual, Connected, Committed with YMCA Clubs

**TRIATHLON CLUB (Downtown)**

Train with a group and swim, bike and run!

Tuesdays and Thursdays @ 6:30pm

Saturdays @ 7:00am

Open to members and nonmembers

FREE for members, non-members must pay YMCA daily rate.

**PRAYER WALKS (The Ponds)**

Every Tuesday 11:30 -12:15pm join us for prayer, fitness and fellowship. All are welcome! Offered by New Day Community Church, led by Stephanie Jones.

**YMCA PRAYER TEAM (Downtown)**

Join the "C" gathering each Wednesday form 9:15 - 9:30am to pray for the future of the YMCA. All prayer requests are welcome. Meeting location: Member Lounge.

**RUNNING CLUB - Motley Running Crew (Downtown)**

Group runs are held, Tuesdays and Thursdays @ 7:30am and Saturdays at 6:00am. Club contact: Kim Inman

**RUNNING GROUP - Mom's on the Run (Downtown)**

Join Colleen Scherer Tues and Thurs mornings t 9:30am and Sat at 7:30 am. Child Watch is available Tues and Thurs, just leave cell phone number with staff. Beginners are welcome. More info, contact Colleen: [cscherer4@sc.rr.com](mailto:cscherer4@sc.rr.com).

**TOPS (Take off Pounds Sensibly) (Downtown)**

Join our successful weight loss support club every Wednesdays @ 6:00pm for weigh-ins, 6:30pm meetings. Club contact: Helen Lesage - 871-9622 x 118.

**FIBROMYALGIA SUPPORT GROUP (Downtown)**

Contact Front Desk for more details: 843-871-9622

**TOASTMASTERS (Downtown)**

Meeting: Fridays @ 7:00pm

Club Contact: Lex Gibson, 768-0061, 991-5117

**BODY FOR LIFE (Downtown)**

Club Contact: Sylke Cuylists, 871-9622 x 125