

PEAK CONDITIONING FOR TRIATHLETES

Join **Ironman 70.3 World Champion, Joanna Zeiger, & Physical Therapist to the Stars, Bob Cranny**, at Adrenaline Tri-Sport! They will discuss conditioning tips to help triathletes and other endurance sports athletes to enhance their fitness, strength, form, and performance. Please RSVP and join us for the opportunity to learn from these knowledgeable experts and win some great raffle prizes.



- When:* Wednesday, April 22nd at 7 pm
Where: Adrenaline Tri-Sport
Cost: Donations will be accepted toward **Foundation Fighting Blindness**

Brought to you by:



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