



# Thinking about getting involved in a Triathlon?



Anytime Fitness invites you to participate in a complementary information session:  
"Multisport 101", presented by MRA Multisport.

**When: *February 18<sup>th</sup>, 2012***

**Time: *12-1pm***

**Location: *Anytime Fitness ,  
100 Worcester Street (Stop & Shop plaza), Grafton, MA***

**Learn what it takes to complete a multisport event!  
We will also be hosting a 12-week training program to get you physically  
and mentally ready to reach your goal of crossing that finish line!**

**Information Session and training program are available to both members and non-members of Anytime Fitness**



**To register or get more information, e-mail: [Megan@MRAMultisport.com](mailto:Megan@MRAMultisport.com)**