

# Resolve to "Tri" in 2012

**Date: Saturday  
March 31, 2012**

**Time: 7:00 am**

## Entry fees:

- \$25.00 minimum  
pledge

**Proceeds will benefit  
Cancer Wellfit Project  
and Power Over  
Parkinson's**

For more information contact The  
Wellness Center at 478-477-2300 or visit  
[www.thewellnesscentermacon.com](http://www.thewellnesscentermacon.com)

## Indoor Triathlon

**2012**



Join The Wellness Center for our first annual Indoor Triathlon. At your designated start time you will begin with a 20 minute swim in our indoor pool. Shift gears and spend the next 40 minutes on a spinning bike. Then race towards the finish line with 20 minutes on our indoor track.

