

Boop-a-Thon

Training for your first 5K

March 29th - May 15th



This 8 week training program will focus on:

- * Running Fundamentals
- * Injury Prevention
- * Body Awareness
- * Running Technique with Athletic Republic

Times:

Group One: Mon. & Wed. 10:30 am - 11:15 am - Work out with Personal Trainer
Tue. & Thurs. 10:30 am - 11:15 am - Run (group optional)

Group Two: Tue. & Thurs. 6:30 pm - 7:15 pm - Work out with Personal Trainer
Mon. & Wed. 6:30 pm - 7:15 pm - Run (group optional)

Bonus Runs with Athletic Republic
April 24 • May 1 • May 8 • May 15



For More Information Contact
Chris Langei, Mike Orr or Brent Collins at
Center Court Fitness Club 701.746. 2790