Couch to 5k

feb 7- April 22

# Want to run a 5K? Don’t know where to start?

Join us for a 12-week couch to 5K training program!

Receive weekly emails with training plan and workout tips.

Five group run options every week:

Mondays 6:00 AM, and 6:30 PM

Wednesdays 11:00 AM

Thursdays 6:30 PM

Fridays 11:00 AM

Bring your friends and get ready to run!

COST: $90.00

Includes:

* Weekly training running plan tailored to you.
* Running coach available for questions and encouragement.
* Registration to a 5K at the end of the 12 weeks.