



ENERGY FITNESS

Life is good... Energy makes it better!

10 Weeks to a 5K

Have you ever thought about running a 5k? Are you already a runner but want to improve your time? Energy Fitness can help.

Train for your first 5k or to improve your race time. Sign up for the ***Energy Fitness 10 weeks to a 5k program.***

Energy runners will meet as follows:

Start date Tuesday July 20th

Tuesdays 6:00pm to 7:00pm

Thursdays 6:00pm to 7:00 pm

The first class will meet at Energy Fitness. Other outside locations will be announced.

On Sunday, September 26, 2010 we will run the Unionville 5K.

This is a GREAT opportunity to set a goal and accomplish it with group support!

The cost is \$30.00 that covers your race entry fee and Energy running tee shirt.

Sign up at the front desk as space is limited.

