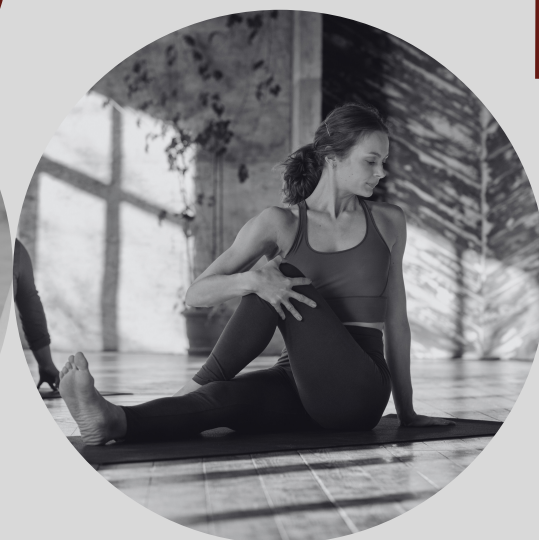


EVERYTHING *but* RUNNING CAMP

(TO HELP YOUR RUNNING!)

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Fridays 7:30-8:30am

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CONTACT:

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Program includes weekly:

- 2 - In-person weight training sessions
- 1 - In-person pool session
- 1 - Home program