



WITH
MELANIE
BAKER

COUCH 5K

TRAINING PROGRAM

EVERY TUES
JUNE 25-AUG 13
6:30 A.M. OR 6 P.M.
STUDIO 2

Join us for an eight-week training program that incorporates strength training, stretching and a daily running plan to get you ready to participate in your first 5K or improve your time! The group meets once a week for 1 hour. \$245/member



425.688.3172 @ fitness@bellevueclub.com