



WITH
MELANIE
BAKER

COUCH 5K

TRAINING PROGRAM

EVERY TUES
SEPT. 24-NOV. 12
7-8 A.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