

## Training Programs

RUNNING FOR WOMEN, a program for women wanting to run with other women and gain improved health and fitness and more. Part of our ongoing Running for Women classes, the Full Program includes:

- 10 Week Running Session, 2 times per week
- Tuesdays and Thursdays, 8am or 6pm
- NEW! 8 Week Conditioning Session following morning runs
- Store discounts(Intermediate, Advanced and Masters Wahine Course and NEW Conditioning Session). For more information, visit the store or download this Flyer & Enrollment Sheet .