

Run Easier

Beginners' Running Clinic

Tuesday, June 1st

6:30-8:00pm

Cost: \$15.00

Orthopaedic Center Back Entrance



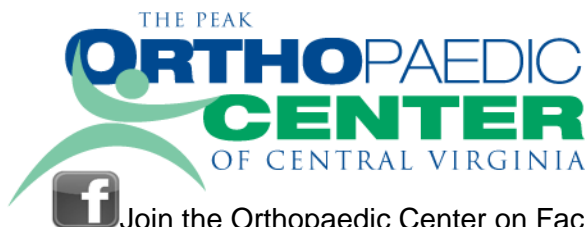
RUN EASIER

This training clinic is geared towards amateur runners and those wanting to begin running.

Clinic will focus on the following:

- Designing a running program
- Running technique
- Injury prevention
- Answering your specific questions!

Space is limited so call (434) 485-8517 to reserve your spot today!



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