

# Couch to JINGLE BELL



Our beginner running program will help you go from couch to success in 9 weeks. Build your stamina with easy intervals and a custom training program. And join us for the Arthritis Foundation's Annual 5K Jingle Bell Run on December 10th!

**Group runs meet on Saturday at 9:00am.**

Includes:

- 30-minute Pre-Program Consultation
- 8 Group Runs (no group run on 11/26)
- 2 personalized independent runs per week
- Special attention on running technique & injury prevention
- Bonus core & stretching exercises

**\$99 +tax** (a \$300 value)

**9 Week Training Plan**  
**October 8th - December 4th**

