

Coming This Fall....

RUNNING CLINICS

Starting -



September 14th Beginner

Learn – To – Run






And

All Levels Run Program

Tuesday's and Thursday's

6:00 – 7:00pm

Included:

-  **12 week Training Program**
-  **Informative Running Booklet**
-  **Group Workout**
-  **Support and Motivation**
-  **\$20 Members/ \$50 Non-Members**

For More
information Contact
the Fitness Centre
fitness@woolwich.ca

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7011