

RunSMART

SMALL GROUP PERSONAL
TRAINING

•
SEVEN BRIDGES



Train SMART...
so you can RUN
more!



This proven running conditioning program was created to aid in improving running efficiency while reducing the risk of common ailments such as plantar fasciitis, knee & IT band pain, shin splints and low back pain.

Let our expert, Laurie Lasseter, *RRCA Running Coach, ACE Personal Trainer & multiple marathon runner*, teach you the proper way to incorporate the most effective exercises into your current routine to get & keep you running your best!

RunSMART at Seven Bridges

Saturdays 12:30 – 1:30pm

Fee for 6 Week Session (1 hour class)

Member: \$96.00

Non-Member: \$126.00

*Cost based on minimum 5 participants

2018 Summer & Fall Session Dates

June 23 – August 4, 2018 *No class June 30th*

September 8 – October 13, 2018

November 3 – December 15, 2018 *No class Nov. 24th*

**MUST REGISTER AT LEAST 3 DAYS
PRIOR TO START OF CLASS**

On-Line Registration:

<http://www.EEHealth.org/fitness-classes>

Via Phone/E-Mail: 630-646-7913

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HEALTH & FITNESS

Healthy Driven™