

RunSMART

SMALL GROUP PERSONAL
TRAINING

•
SEVEN BRIDGES



**Strength Training for
Runners - avoid injury,
get stronger, run faster!**



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 & 30+ marathon finisher*) teach you the most effective exercises 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 Fall & Winter Session Dates

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

January 19 – February 23, 2019

**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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Edward-Elmhurst
HEALTH & FITNESS

Healthy Driven