

# RunSMART

SMALL GROUP PERSONAL  
TRAINING

•  
SEVEN BRIDGES



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



This proven running strength and 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

### 2019 Spring 2 Session Dates

**April 27, 2019 - June 15, 2019**

**(no class May 11 & May 25, 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

[Jenny.lbrahim@EEHealth.org](mailto:Jenny.lbrahim@EEHealth.org)

For More Information: 630-646-7910

[Steve.Thurston@EEHealth.org](mailto:Steve.Thurston@EEHealth.org)

**Edward-Elmhurst**  
HEALTH & FITNESS

**Healthy Driven™**