

RunSMART

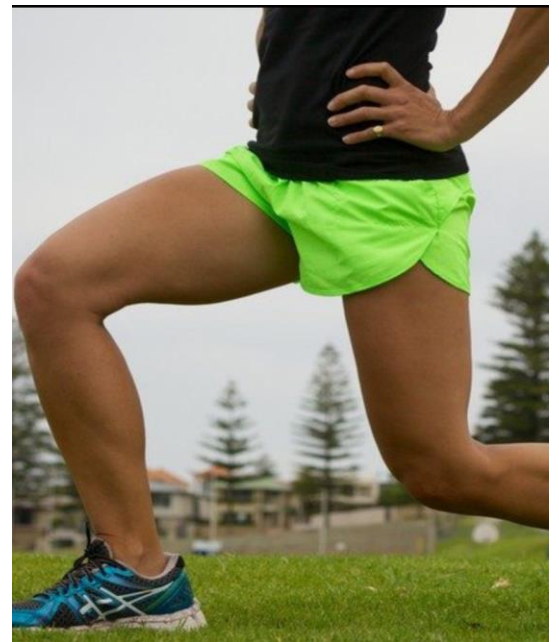
Indoor/Outdoor

SMALL GROUP PERSONAL
TRAINING

•
SEVEN BRIDGES



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



This proven runner 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, 6-Star (World Marathon Majors) finisher*) teach you the most effective exercises to get & keep you running your best!

This indoor/outdoor class is designed to provide safety. Masks are required indoors. Social distancing is encouraged via equipment layout. Bring your own mat and towel for the outdoor class.

RunSMART at Seven Bridges

Saturdays 12:30 – 1:30pm

Fees for RunSMART

Member: 1-class \$18, 6-class virtual punch card \$108.00

Non-Member: 1-class \$24, 6-class virtual punch card \$144.00

2022-23 class is in session every Saturday - outdoors weather permitting, indoors during Winter

REGISTRATION MUST BE ARRANGED WITH LAURIE IN ADVANCE AND PAID FOR AT THE FRONT DESK

For Registration and Class Information:
lasseter@comcast.net

For Other Information: 630-646-7920
Daniel.Johnson@EEHealth.org