



Run Club Fall Training: Couch to 5k

What

Train for your first 5k run with this 8-week course which includes educational presentations, training materials, weekly group runs, tech T-shirt, and more!

When/Where

Walker Fitness Center

Wednesdays, August 22nd - October 10th
5:30 pm

Cost

\$45

Space is limited.

Sign up at Walker Fitness Center
(we cannot hold spaces or offer refunds)