



*More than Fitness... It's a Way of Life!*



# ***COUNTDOWN TO 5K***

***OUR NEW 8-WEEK RUNNING PROGRAM  
WILL GET YOU FROM THE COUCH  
TO THE FINISH LINE!***

## **Program Includes :**

- 2 group training/run clinic sessions per week
- Weekly nutrition and fitness tips for runners
- Weekly workouts

## **Details:**

Tuesdays & Thursdays @ 7am  
May 3rd—June 29th

**\$550**

**Includes 5k Registration Fee & T-shirt for Race Day**

To Register please email Jodi Hogan: [jhogan@weymouthclub.com](mailto:jhogan@weymouthclub.com)  
or call: 781-682-5837