



*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  
March 3rd—April 27th  
Enrollment in May 6th Rockfit 5k

**\$550**

**Includes registration in the 4th Annual MHMS Family Fun Run  
5K on May 7th & T-shirt for Race Day**

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