



THE FITNESS FACTORY FIT-TO-5K

April 14th - June 9th, 2017
Fridays 6:15 PM - 7:15 PM

5K Event June 11th

Sign up by April 7th,
get 9 sessions, 5K entry & shirt for \$150

Registration after April 7th: \$170

- Conquer a variety of terrains with a motivated group
- Distance running, timed intervals, hill sprints, and trail running
- Learn proper form, breathing techniques, warm-ups & stretches.
 - Increase muscular and cardiovascular endurance
 - Improve your current speed, distance and run times
 - Build motivation and personal accountability

*Fit-to-5K is a running program designed to help you improve your running ability. Over nine weeks, the class will meet at several different locations within a 15-min radius from the Fitness Factory to offer a variety of terrains and courses for you to conquer. At the end of this program we will be participating in the **Fast n Flat 5K race in Windham, NH (Rail Trail)** to put your skills to the test!*

This is an excellent program for people are looking to improve endurance, speed and their current running times or those who are currently exercising and looking to lose weight or achieve new goals!

Space is limited*! Sign up today at fitnessfactorynh.com

401 Main Street / Unit #109
Salem, NH
(603) 458-2599
fitnessfactorynh.com

**Limit of ten (10) clients for this program.*

FITNESS FACTORY

