

www.studentwellnesscentre.ca



**RUN**

Students \$10

*& Walking*

Members\* \$30

**CLUB**

**Register by June 18th, 2018!**

**Monday & Thursday, 1-1:50pm\* June 25-August 31, 2018**

- ☞ 1 workout and one run/walk per week with one main trainer
- ☞ Pick up road maps anytime starting May 22 to get started on your own! Vacation plans will be provided!
- ☞ Multiple trainers will lead, assist with or provide specialty training throughout the 10-week session
- ☞ Receive weekly nutrition tips. complete nutrition and lifestyle "homework" for feedback from your trainer
- ☞ Be prepared with indoor and outdoor footwear, jacket, hat, sunscreen, belt or pack for water
- ☞ All participants will be assessed on strength, speed and endurance and body composition first and last week
- ☞ Choose a personal goal to work towards or join us for the MEC Road & Trail Races (5, 10, 15km Road or 6 & 12km Trail; 1/2 Marathon Trail is \$27) in London on Sept. 8, 2018! Only \$22 online before Sept. 5th.

\*early morning or evening spot may open upon popular request. Non-member fee: \$40

