

Women's 101 Fitness Presents
2010 Women's 101 Spring Running Classes

Marlene Atwood, Women's 101 Running Coach – 770-883-4208 – marlene.atwood@womens101.com

We offer classes in (3) locations: Duluth, Alpharetta, and Marietta
All Ages and Abilities Welcome!



Our **NEW** 8-Week Training Programs begin in February and include:

- A simple 8-week training schedule (for runners or run/walkers) designed to help you get in shape for the spring and your first 5K fun run!
- Work with a certified running coach (ASEP, RRCA, USATF) who will train you to run or run/walk the distance and help you stay injury-free.
- Weekly training runs provide group support and an opportunity to meet new friends and running partners.
- Receive weekly coach's emails with important training information. Direct "anytime" access to your coach via email or phone for any training questions you may have.
- Coach's clinics offer tips on proper training, stretching, injury prevention and nutrition. Knowledge sharing sessions are also planned.
- Gatorade and water provided at all group runs.
- Participants will receive goodies/samples throughout the program.

YES! I want to train in Alpharetta! Classes are held every Wednesday beginning February 17, 2010, 6:30 p.m. Classes meet at the Alpharetta Community Center at Old Milton Pkwy and Roswell Street (just west of Hwy 9) in Alpharetta

YES! I want to train in Duluth! Classes are held every Thursday beginning February 18, 2010, 6:30 p.m. Classes meet at Shorty Howell Park on Pleasant Hill Road at North Berkeley Road in Duluth.

YES! I want to train in Marietta! Classes are held every Tuesday beginning Mid February 16, 2010, 6:30 p.m. Classes meet at Larry Bell Track behind the Cobb Civic Center, Fairground and Marietta Parkway (S. 1201000) in Marietta

Program Costs: 8-Week Session Any Location - \$50.00. Minimum of (10) Participants per Class

Mail Form/Payment To: Marlene Atwood, Women's 101 Fitness LLC, 3284 Roundfield Circle, Duluth, GA 30096
For More Information: 770-497-4208 or 770-883-4208 or email: marlene.atwood@womens101.com

Name: _____ Email Address: _____

Address: _____

City _____ State _____ Zip _____ T-Shirt Size: _____

Day Phone _____ Evening Phone _____

