

Cayuga Coaching

Eight Week Running Lab

Join Coach Shane Eversfield for an informative 8 week running series!

Focusing on strength, conditioning and fundamental running techniques, this class will help you prepare for consistent, engaging and injury-free endurance running for varying terrain and surfaces.

All levels welcome!



Wednesday Night 5:30PM-6:45PM

**Small Group Training Room,
Island Health & Fitness
July 11th—August 29th**

MEMBER: \$140

NON-MEMBER: \$160

For more information visit the Kaizen-durance website at
<https://kaizen-durance.com/coaching/run-lab>

