

Cayuga Coaching

Saturday Running Lab

Join us June 8th!

Coach Shane Eversfield
will bulletproof your running!

All levels welcome!



Saturday
June 8, 2019
9:00AM-2:00PM

Small Group Training
Room and Outside
Island Health & Fitness

MEMBER: \$99
NON-MEMBER: \$109

For more information visit the Kaizen-durance website
or email Shane Eversfield at shane.eversfield@gmail.com

