

Cayuga Coaching

Eight Week Running Lab

STARTING MAY 10th

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 5:15PM-6:45PM

now 90 minutes

3rd floor studio, Island Health & Fitness

MEMBER: \$130 NON-MEMBER:\$150



For more information contact

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