

# Cayuga Coaching

## Eight Week Running Lab

**STARTS SEPTEMBER 6th**

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**

(No Class October 4th)

3rd floor studio, Island Health & Fitness

**MEMBER: \$140 (\$20 drop-in)**

**NON-MEMBER:\$160 (\$22 drop-in)**



For more information contact

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**Cayuga**  
MEDICAL CENTER

A Member of Cayuga Health System

**CAYUGA**  
COACHING



**ISLAND**

Health & Fitness

*in partnership with Cayuga Medical Center*