

WHO ELSE IS SICK AND TIRED OF RUNNING ALONE? WOULDN'T IT BE NICE TO HAVE A GROUP TO.....

HELP YOU OUT
KEEP YOU CHALLENGED
MAKE SURE YOUR GOALS ARE ACHIEVED

From novices to seasoned athletes there is something here for you. You will all be challenged. Train for a specific event or just for fun.

Conducted by a qualified running coach and seasoned athlete, you will learn:

- A variety of stretches specific for running
- How to pace yourself for running
- The most biomechanically efficient way to run
- Breath control for running
- Numerous methods to train for those long distance events

BOOK TODAY! DON'T MISS OUT!

Venue: Koola Park, Koola Ave Killara

When: Thursdays

Time: 6am-7am

Cost: \$12

Bring a friend and receive your first 5 sessions at half price

plus

Be one of the first 5 callers and receive a free movie.

BE PART OF SOMETHING SPECIAL!

Not ready just yet. Mail alivept1@ayhoo.com.au and receive a free e-book "How to achieve the best results you possibly can", a 23 page comprehensive guide to kickstart your fitness regime. Valued at \$25.50.

ALIVE PERSONAL TRAINING
0405 014 629

