

COUCH TO 5K!

*LOOKING FOR A WAY TO WORK OFF SOME WEIGHT?
NEED A NEW GOAL?
DETERMINED TO CHANGE YOUR LIFE FOR THE BETTER IN 2010?*

When is it?

The program begins:
Tues, May 18th, @ 6pm

Where is it?

FitNiche
1421 Town Center Dr
Lakeland, FL 33803

Contact:

Lakeland: Rebecca
Wroten
Phone - 863-944-2740
Email –
becwro1@gmail.com

**Ask about the
“SELF Motivated
2010” promotion
today!**



Let us help you achieve these goals with the Couch to 5k program!

Join us on the 16 week journey from the couch to the finish line!
Track your progress as you run through the Watermelon 5K series and amaze yourself!

You will be coached by an RRCA (Road Runners of America) certified coach, will receive guided training, the SELF Runner's Manual, discounts on merchandise, and also a technical running shirt!

The program costs \$100 for the entire 16 weeks!
Ask about discounts for additional family members!

**Fee does not include race entry.*

