

Fortify Your Fitness

AND
FINISH
A 5K!



TUESDAYS

Jan. 8 - Feb. 26

5:30 - 6:45 p.m.

NC Research Campus, Kannapolis

RCCC Building, Room 202

Registration Fee: \$60

- OR -

THURSDAYS

Jan. 10 - Feb. 28

10 - 11:15 a.m.

NC Research Campus, Kannapolis

RCCC Building, Room 202

Registration Fee: \$60

The benefits of running/walking are many and can change your life. Participants will learn and apply usable information on running topics such as **running form, stretching, strengthening, nutrition, injury prevention, safety and race day preparation.** Included is individual coaching with your own training schedule from a certified running coach, personal trainer, and wellness professional as well as a dry-fit technical shirt! **In just eight weeks, you can go from beginner to completion of a 5K.** This class is ideal for new runners and walkers as well as previous runners who need a restart. Please bring water, a pen, and appropriate running apparel for the first class distance of half of a mile. Don't worry about purchasing new shoes, because we'll discuss shoes and equipment in class #2.

Call to register 704-216-7222

Rowan-Cabarrus
Community College
www.rccc.edu



Scan this QR code with your mobile phone barcode scanner for the Personal Enrichment and Healthy Living website!