

BEGINNING RUNNER?
RETURNING AFTER AN INJURY?

DOWNTOWN GSO ♀ RUN CLUB



Mondays @ 6:30 PM
Wednesdays @ 7 AM
Fridays @ 7 AM

Pricing

Silver: 10 sessions/\$150 ~ **Gold:** 15 sessions/\$215 ~ **Elite:** 20 sessions/\$250

****Bring a friend that signs up for a package and receive 10% off your next package purchase.****

Progressive research supported program ~ Strength training to benefit running performance ~ Knowledgeable coaches ~ T-shirt ~ Free Private Training Sessions with Purchase of Elite Package

Questions? Ready to sign-up?
email Beth Hansen at bhansen@dtfit.com

OR

call 336.275.6456