

# Are you ready to race?

A variety of distance options, you choose when to train!



**Who is it for?** Choose your goal - learn to run a 5k, improve your 10k time, try a half marathon or run the distance - a full marathon!

**What is it?** This personal training package includes a running program designed around your schedule as well as one on one weight and cardio training time with a trainer. Basic nutritional guidance and race prep provided.

## Want to register?

Packages range from 10/15/20 hours  
Call 519.940.3735 to register, or stop by front desk.

207321 Hwy. 9 (at Heart Lake Rd.) • 519.940.3735 • [www.actsathletics.com](http://www.actsathletics.com)

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