



fitness

Ready to RUN!

Monday & Wednesday

@ Noon OR 6:00 PM

4/2/12–5/9/12

+ Optional 5K Race TBA

Interested in running your first 5K race or setting a personal best record? This 6 week course will give you the tools you need to succeed!

Workouts will be led by a Personal Trainer and will include intervals, distance, hill repeats, sprints, stretching and plyometrics. You will also be given 1-2 weekly "homework" assignments to complete on your own.

During the first session, you'll attend a lecture hosted by the JCC's Registered Dietician, Leah Frankel, to teach you what to eat before, during, and after your runs.

- Lose Weight
- Tone up your Glutes & Legs
- Relieve Stress
- Increase Energy
- Improve Cardiovascular Health

Cost: \$300 members & \$420 non-members

Registration Information

Please contact Erin McMahon at erinm@svjcc.org

The classes are 1 hour sessions. Advanced registration is required. Class is limited to 5 participants maximum and at least 3 participants are needed to run the class.



Certified Personal Trainer Erin McMahon has completed one Full Marathon, two Half-Marathons, and numerous 10K and 5K distance races.



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