



LifeCenter plus
Health and Fitness Center

GET RUNNING!



Youth Running Club

MONDAY & WEDNESDAY, 6:00-7:00PM

Session ONE: January 10th - February 16th

Session TWO: February 28th - April 13th*

WINTER 2022

Keep your children active outside of school and during the winter months with running, in a fun and team-like environment! Expect 15 minutes of warm-up and stretching, 30 minutes of running activities, and 15 minutes of core work with each class. Ages 6-14. *Limit 10 children total. Codes listed below are per session 1 and session 2.* *No classes week of March 28th-April 1st.*

PRICING

INFORMATION SHARED
WEEKLY ON:

- Running Shoes
- Injury Prevention
- General Rules
- Stretching
- And more!

REGISTER AT THE FRONT DESK!

CODE	MEMBER	NONMEMBER
TUESDAY CODE: CHP2201 CODE: CHP2204	\$45 PER SESSION	\$65 PER SESSION
THURSDAY CODE: CHP2202 CODE: CHP2205	\$45 PER SESSION	\$65 PER SESSION
TUESDAY & THURSDAY CODE: CHP2203 CODE: CHP2206	\$70 PER SESSION	\$100 PER SESSION

(OR THROUGH MEMBER SELF-SERVICE PORTAL TO REGISTER)