# Beginner's Running Group

One of the best ways to lose weight, release stress, experience nature, make friends and get healthier! RUN.

Are you new to running /jogging and need to know how to start?

Start with the Beginner's Running Group. We start with a run/walk program and also include some strength training (abs, legs and butt)

We will meet every Tuesday & Thursday at 5:10PM.

For more info, contact Jayme Green @jgreen@sagchip.org or 775-4696.

## Tuesday, April 15th
## 5:10PM-6PM

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LET'S GO RUNNING

NIMKEE FITNESS CENTER