



MOVING *Forward*

Beginner 5K and 10K Training Programs

Tuesdays from October 11th – November 1st, starting at 5:30pm, then
Saturdays from November 5th – November 19th, starting at 9:00am
(Sessions last in between 45-60 minutes)

All sessions meet at Bogert Park Pavilion

This program is great for beginners and intermediate runners.
Suggested training plans will be provided upon sign up.

How to sign up?

Come over to the Moving Forward office at 2100 Fairway Drive, Office #211 from October 3rd – 6th in between 4-7pm. We want to see you! ☺

Cost is \$25 for all 7 sessions, including the training plan. Additional education and information will be on the Moving Forward website (movingforward.biz) once program commences.

If you have questions, please call 580 7987!