

RUNNING PROGRAM



WITH COACH MICHELLE GORDON

Whether you are new to running or looking to improve your speed and endurance, this program is designed for all fitness levels. Learn proper running techniques, pacing, and injury prevention while enjoying guided workouts and supportive group runs. Participants will build stamina, confidence, and a love for running in a fun and motivating environment.

**Wednesdays 7-8pm
Sundays 8:30-9:30am**

TIM HORTON'S DOME

APR 8 - JUNE 3

NO CLASS MAY 24 & MAY 31

**REGISTRATION FOR
BOTH PROGRAMS
NOW OPEN!**

**\$60 - Members of the Tim
Horton's Dome
\$80 Non-Members**



SPRINT PROGRAM

WITH COACH EVELYNA FOUDOVÁ

The Sprint Program focuses on short-distance training for athletes who want to dominate the track. Through high-intensity sprint drills, acceleration work, and technique refinement, you'll learn how to maximize your speed and efficiency on the track. This program focuses on speed, dynamic and strength, take off drills, strength training and growing sprinting abilities and techniques.

**Tuesdays 5-6:30pm
Thursdays 5-6:30pm**

TIM HORTON'S DOME

APR 7 - MAY 28



SIGN UP HERE OR AT THE TIM HORTON'S DOME

www.northglengarry.ca

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