Learn to Run 5 or 10km with Nik's Chicks

New FREE sessions beginning Monday, March 18, 2013 8:00pm from corner of Redwing Court and Blackbird Court.

This group is open to LADIES who have never run previously and wish to do 5km or those who already have a 5km base.

Group meets Mon. and Thurs. 8:00pm and Sat. 8:00am (not necessary to be able to attend all sessions!)

Leader: Niki McLaughlin, BPE, MA Kin. Certified Personal Trainer

For more information or to register:

mclaughlins@cogeco.ca or visit www.nikschicks.com

| Running |
|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| m @ | m @ | m @ | m @ | m @ | m @ | m @ | m @ | m @ | m @ |
| c c | c c | c c | c c | c c | c c | с с | c c | c c | с с |
| l o | l o | l o | l o | l o | l o | 1 о | l o | l o | 1 о |
| a g | a g | a g | a g | a g | a g | a g | a g | a g | a g |
| u e | u e | u e | u e | u e | u e | u e | u e | u e | u e |
| g c | g c | g c | g c | g c | g c | g c | g c | g c | gc |
| h o | h o | h o | h o | h o | h o | h o | h o | h o | |
| 1 . | 1. | 1. | 1 . | 1 . | ī. | 1 . | 1 . | 1. | 1 . |
| i c | i c | i c | i c | i c | i c | i c | i c | i c | i c |
| n a | n a | n a | n a | n a | n a | n a | n a | n a | n a |
| S | S | S | S | S | S | S | S | S | S |