

UP↑ & RUNNING



Running and fitness classes specifically aimed at beginners or those that have been on the couch way too long.

Slow structured progression, expert coaching advice, personalized 8 week training plan at the end of the course!

WHEN AND WHERE?

15 Jan - 8 Feb 2019

Mon & Thurs: 6am, Waterfront

Tue & Fri: 8:15am, Constantia

COST?

R500 *10% discount if you sign up on or before 2 January 2019!

BOOK YOUR SPOT *limited to 10 people per group

Coach Kathleen: kathleen@active4life.co.za