Learn to Run 5 or 10km with

Nik's Chicks

New FREE sessions beginning

Saturday, Sept 7, 2013 8:00am

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 and wish to do 10km.

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	Running	Running	Running	Running	Running	Running	Running	Running	Running
m@	m@	m@	m@	m@	m@	m@	m@	m@	m@
cc	cc	cc	cc	cc	cc	cc	cc	cc	cc
lo	lo	lo	lo	lo	lo	lo	lo	lo	lo
ag	ag	ag	ag	ag	ag	ag	ag	ag	ag
ue	ue	ue	ue	ue	ue	ue	ue	ue	ue
gc	gc	gc	gc	gc	gc	gc	gc	gc	gc
ho	ho	ho	ho	ho	ho	ho	ho	ho	ho
l.	l.	l.	l.	l.	l.	l.	l.	l.	l.
ic	ic	ic	ic	ic	ic	ic	ic	ic	ic
na	na	na	na	na	na	na	na	na	na
s	s	s	s	s	s	s	s	s	s