Learn to Run 5km or 10km with

Nik's Chicks

New FREE sessions beginning
Saturday, November 9, 2013
8:00am from 1438 Redwing Court.

This group is open to LADIES who have never run previously and wish to do 5km or those running 5km and wishing to get to 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

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