



Running for Women

Women's Running Classes

*This physician-developed **RUN/WALK** plan allows women of all ages and fitness levels to gradually ease into running. We encourage women to exercise at their own comfortable pace. New runners will benefit from the support and motivation of a group. Now, you no longer have to be intimidated by running!*

CLASS SCHEDULE:

Class level Dates Days Time Class size

Beginning January 16th–April 14th M/W 8:45am-9:45am Limit 20

Due to Monday holidays the following Monday classes will be held on Fridays; January 25th, February 14th and February 21st. No classes held during school spring break March 24-28.

Beginning January 15th–April 10th T/TH 6:15pm-7:15pm Limit 20

No classes held during school spring break March 24-28.

Intermediate* January 7th – March 12th M/W 8:45am-10:00am Limit 20

Intermediate* January 7th –March 12th M/W 6:15pm-7:30pm Limit 20

Due to Monday holidays the following classes will be held on Friday; January 25th, February 14th, February 21st.

Half-Marathon January 8th – March 15th Tues/Saturday 6:15pm/8:30am Limit 20**

***Intermediate:** Runners can run 30 minutes continuously or 30 total running minutes in a run/walk workout.

**** Half-marathon:** Runners must be able to run 6 miles by the start of class.

Jogging strollers welcome except in Half-Marathon class.

Program includes:

- **Two coached running classes per week**
- **Free Brooks technical running top**
- **20% discount on Brooks apparel and shoes during January**
- **Fun raffles for free Brooks apparel and accessories**
- **FleetFeet Personal Rewards program**
- **Time for YOU...to get fit, make friends, and have fun!**

Cost of Beginning/Intermediate: \$149

Cost of Half-Marathon: \$99

Register at Fleet Feet Sports 615 2nd Street. Registration is first come first served. Sorry, no reservations accepted without tuition payment. Classes fill quickly so don't put it off.

Class orientation for beginners will be on January 14th 7:00pm at Fleet Feet Davis 615 2nd Street. For questions ph. Chris @ 530-753-7771 or email leslie@fleetfeetdavis.com

