



Beginning June 9th

YOrun Accelerator Group Training

Are you feeling Slow, Heavy and Out of Shape?

**Escape the GRAVITY of Your Couch, and
Remember What It Feels Like
To Be An ATHLETE!**

**Join the YOrun Accelerator Group Training and
get on the Fast Track to Fitness again!**



**Train on the Track!
Coached by a USATF Level II Certified Track Coach
Monday/Thursdays at 6pm for 1 hour
8 Week Program, June 9- July 31 for \$240
Meets at Danny Jones Recreation Complex
Limited to 14 Participants
Register at reFORM Studios, 1081-B E. Montague Ave
843-284-3340**

**Make Running Feel Easier Again
Improve Your Endurance & Health
Shed A Few Extra Pounds**

**Intervals Are NOT Your Everyday Group Run
Enjoy The Group Support & Have FUN!**



**Reserve Your Spot Today
843-284-3340**

