

PRESENTS

LET'S TRAIN FOR THE CANADA
ARMY RUN

FREE
Running
Club

Wednesdays @ 6:30
& **Saturdays** (mornings or evenings)
Starting June 17th to September 16th 2015



Endurance coaching and running plan guided by Canadian
#1 ULTRA MARATHONER
LAURA PAQUETTE
(previously Perry)



OUR REGISTERED MASSAGE THERAPISTS provide professional therapeutic guidance at each session to lead to your optimum running goal.