

ONSITE GROUP COACHING

Couch to 5K & Beyond Walk/Run Training Group



Looking to work on your fitness goals, complete a 5k or tackle Richmond's Ukrop Monument Avenue 10K on April 14th? Training with Coach Lou may be just what you need to get to the finish line, meet some new fitness friends, and get motivated to be fit and active. This group training series is for both *walkers* and *runners*. All are welcome even if you are not planning to complete an official race. Do as little or as much as you like with the support of your Healthy Lifestyles Coach and a team.

Training starts Tuesday February 27 at 4 PM. We will begin with a brief lecture on training tips and sign activity waivers to participate. We will meet the first day of the training series at Capitol Square Healthcare Clinic. Future weekly walk/run group departs from the Main Entrance Deck of the James Monroe starting Thursday March 1.

Registration deadline February 22nd. Registration is required for all training sessions and at least 5 people must be pre-registered for each time slot or that time slot will be cancelled. Anyone interested may join for one or all training sessions.

45 minute walk/run group - Tuesdays & Thursdays at 4 PM



TO REGISTER: Contact Coach Lou Winterling, MS, NBC-HWC, CPT
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Offices located at Capitol Square Healthcare

