



## Stop Working Out. Start Training.

# RUNFIT

No more getting on a treadmill and wondering what to do! RunFit successfully brings participants to a new level of cardiovascular fitness through a challenging 1-hour workout on the treadmill. Experience the true benefits of speed-work and hill running with the inspiration of others, and a coach. Our goal is to show people how to train effectively, progressively and efficiently. No experience necessary, just determination!

### **RUNFIT SCHEDULE:**

September 4th - October 25th  
October 29th - December 29th

**Monday:** 9:00 AM - 10:00 AM

**Tuesday:** 8:30 AM - 9:30 AM, 9:30 AM - 10:30 AM

**Wednesday:** 8:30 AM - 9:30 AM, 9:30 AM - 10:30 AM

**Thursday:** 8:30 AM - 9:30 AM, 9:30 AM - 10:30 AM

**TRY YOUR FIRST  
CLASS FREE!**

**For more information,  
contact Marnie Lawler:  
[mlawler@macathletics.com](mailto:mlawler@macathletics.com)  
978-835-1733**

