



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
978-835-1733**



We will help you maximize your workout so you get the results you are looking for!

