

INDIVIDUALIZED RUNNING PROGRAM

*A training program tailored
specifically to each runners' needs*

PACKAGES

5K Training

10 weeks of programming

Premium Member: \$115

Basic Member/ General Public: \$130

10K Training

12 weeks of programming

Premium Member: \$140

Basic Member/ General Public: \$160

Half Marathon Training

14 weeks of programming

Premium Member: \$160

Basic Member/ General Public: \$185

Full Marathon Training

16 weeks of programming

Premium Member: \$180

Basic Member/ General Public: \$200

ABOUT

An interest packet can be picked up from the AFC front desk. Once this packet is completed and turned in, the client will be contacted to schedule an initial meeting. This preliminary in-person consultation/evaluation will be scheduled prior to the first week of programming.

Clients will receive a weekly running program from their trainer that is specific to their goals and abilities.

**Aquatic
+Fitness Center**

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