



10-WEEK TRAINING PROGRAM

Training Begins May 26th
Saturdays 8:30am and Mondays and Wednesdays 7:00pm
at the Connell Park Race Track



Benefits of Group Training:

- Motivation
- Accountability
- FUN!

Must register in advance. COVID-19 Guidelines will be followed.
Goal: To complete a 5K at the end of a 10-Week Running Program.
Cost: \$90 includes motivational coaches, clinics (training related topics), swag bag, Celebration Run, and an opportunity to make a lifestyle change.

For more information please contact:

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To Register, call 325-4302

E-mail: ayrmotorcentre@town.woodstock.nb.ca



AYR Motor Centre

