

ON-EDGE FITNESS LTD.



283 North Christina Street (at Drawbridge Inn) T: 519-339-8888
Sarnia, Ontario N7T 5V4 Email: onedgefitness@live.com

RUNNING PROGRAM - "Feet on Fire"

Do you want to train for your first Half Marathon, improve your Half Marathon time or advance to a 30K & a Marathon

Our Individualized training programs will offer:

- Fitness analysis and goal setting
- Gait Analysis, Core Assessments w/ benchmark testing
- Clinic night run – includes guest speakers – Wednesday 6:00 p.m.
- Starts Nov 2nd 2011 (Sign up anytime until January 2012)
- Optional runs: (with instructors)
 - >Monday 6:30 p.m.
 - >Friday 7:00 a.m.
 - >Saturday 9:00 a.m. & Sunday 8:00 a.m.
- Nutritional counselling (additional cost)
- V02 Max and Lactate testing (additional cost)

Our experienced, qualified instructors will help you to:

- Develop a natural, easy running form
- Run with fewer injuries
- Achieve your goals
- HAVE FUN!

INSTRUCTORS

Dick Felton – Cal Schram – Stefania Barron

Goal Races Include

- Hypothermic Half Marathon (Sarnia - February)
- Chili Half Marathon (Burlington – March)
- Around the Bay (Hamilton – March)

The cost (Introductory offer)

- Half Marathon \$59.99
- Half Marathon and Around the Bay 30K \$79.99
- Spring Marathon (Mississauga/ Toronto Good Life – May) \$99.99

OnEdge Fitness offers advanced testing and corporate membership rates to running clinic attendees

More details or Sign up on-line under "EVENTS" at
<https://clients.mindbodyonline.com/ASP/home.asp?studioid=17240>