



Couch To 5K In 8 Weeks!

(Reserve your spot TODAY)

- *NEW! 5 K Training*
for the Reindeer Run held in Maryville on December 6th
- *Training begins October 22nd*
- *Thursdays at 4:00 pm*
- *Free Training for 8-10 Committed Participants*
- *(Any or No Experience Welcome)*

*Meet at Kefauver Park,
Pavilion by the Restrooms*



RSVP to Meggie: 423-420-3991

Get With It
423-420-3991
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