

CROSS-TRAINING FOR RUNNERS

Specialized training for peak running performance

Take your running fitness to a whole new level with a class designed to make you stronger, faster, and more efficient than ever! In addition to increased running ability, your entire body will be lean and fit. Classes focus on strength, agility, range of motion and functional movement exercises that challenge every inch of your body. We end each class with a yoga and stretching element that will increase flexibility and balance. All levels welcome so join today!



Tuesday / Thursday
6:30 p.m.

Benefits from Cross-Training

- ✓ Reach your running goals faster
- ✓ More strength & power
- ✓ Greater efficiency
- ✓ Fewer injuries
- ✓ Faster rehabilitation
- ✓ Increased endurance

**\$60 Per Month or
\$10 per class**

THOUSAND  OAKS
PACERS

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