

HAVE YOU ALWAYS WANTED TO WALK OR RUN BUT DIDN'T KNOW HOW TO GET STARTED?

JOIN THE **FREE SPA PACERS**
“SPRING FORWARD”
WALKING AND RUNNING CLINIC



For: EVERYONE (All ages and abilities)

EVEN IF YOU HAVE NEVER WALKED OR RUN BEFORE

Dates: March 5 – May 9 - Tuesday and Thursday 5:45 p.m.

Where: Transportation Depot – 100 Broadway

Duration: Twice a week for 10 weeks

FIVE GROUPS – *No* EXCUSES

Beginner Walkers – For those who want to build up to walking 30 minutes for exercise or enjoyment.

Walker Group B – For Walkers wanting to improve speed and endurance with alternating walk fast-walk slow intervals

Beginner Runner Group A -For those who currently don't run starting with Run 15 Seconds – Walk 3 Minutes intervals.

Beginner Runner Group B - For those running minimally starting with Run 1 minute - Walk 4 minutes intervals

Intermediate Runners –Your goal is to train to run consistently up to 3.1 miles starting with Run 4 Minutes –Walk 2 Minutes.

Advanced Runner – Currently can run for 30 minutes non-stop. Your goal is to run longer distances and at a faster pace.

The mission of SPA Pacers is: To promote health fitness and FUN through group activities focusing on running, jogging, and walking to make a positive contribution to the Greater Hot Springs National Park community

PRE-REGISTER ON-LINE AT https://runsignup.com/spa_pacersspringclinic

YOU CAN STILL JOIN THE CLINIC, EVEN IF YOU CAN'T MAKE IT THE FIRST NIGHT .

FOR ADDITIONAL INFORMATION CONTACT: debbierigsby@aol.com