



KEEPING YOU WELL THROUGHOUT THE RACE OF LIFE.

Fall Running Program

Starting **Saturday, September 24th** at 7:30am at Marathon Norton clinic

Get in great shape, train for a 5K, or a 1/2 marathon this Fall.
This 8 week program is great for first timers and seasoned veterans.
Arrive at 7:15am for a 7:30am start!

Not only will you have a lot of fun, but you will get a ton of great stuff too!

- 8 weeks of fun winter training to keep you motivated and in shape
- Training plans for all levels (from beginner to advanced)
- Weekly group runs starting and ending at Marathon locations
- Complimentary injury screens to keep you healthy



Members also receive these great savings of more than **\$130!**

- 1/2 off your first massage
- \$15 off additional massages
- \$15 off Personal Training
- Complimentary Pilates class
- \$15 off Video Gait Analysis
- \$20 off Lactate Threshold Testing
- \$20 off Functional Movement Screens

\$149 for current or past Marathon members/patients

\$169 for new members

If you can't attend the group sessions, don't miss out!

Sign up for our ***Virtual Program***

\$49 for Marathon members

\$69 for new members