

Tryon Gym for Her

Runner's Club

Wednesday evenings 6pm & Saturday mornings 7am

Learn to run!

Finish the season with a 5K

-Finishing the 5K is the goal, ladies!

\$50 Joining Fee includes:

-Runner's Club T-Shirt

-Race Registration

- Coaching & Complete Beginner's Program

Weekly tips on

-running form, gear, nutrition, & more!

Bring your
Girlfriends!

You need not be
a gym member
to join!

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605-360-0555

For more
information or
to join, contact
Cheri!

*Must be able to walk for at least 30 minutes.