

Run Wild Missoula
Core Strength Training for Runners
Fall Session 2010

Run Wild Missoula is offering one Core Strength Training class this fall specifically designed with the runner's body in mind. Core work conditions the body from the abdominals to the arms and legs. Often runners are much stronger in their lower extremities than their core. This results in an imbalance in the body that it will continuously try to remedy. Mats provided, comfortable clothing recommended, running shoes not required.

To register or find out more about the classes offered, email Alison Laundrie at alison@thepilatesplayground.com and send registration and payment to:

Run Wild Missoula
Box 1573
Missoula, MT 59806

Name _____

email _____

Are you a Run Wild Missoula Member? _____

Circle the class(es) below that you are interested in taking.

- Wednesday Lunch Core, 12:15-1:00pm
September 15th-December 15th
\$77 for RWM members/\$83 for non-members