

## CLASSES:

Mondays, 5:00—6:00pm  
Feb. 5th, 12th, 19th, 26th  
Mar. 5th, 12th

South Jordan Community Center  
10778 S Redwood Rd Rm 127

## LEARN:

- Running & Sprinting
- Healthy Eating for Life
- Safety & Hydration
- Goal Setting
- Running Journal
- Competition Running

# GOAL: Couch to 5k in 6 weeks!

**Race Day** **March 17, 2018** **10:00 A.M.**

Race includes: Race shirt, Finisher Medal, Runner Bib, and Goodie Bag

**COST:** \$45 (Single Runner)  
**\*\*\$35 (Parent)**

**AGES:** 6 & Older  
All Skill Levels

\*Includes 6 training classes and entry into the SoJo Gold Rush 5k (\$25 Value)

\*Be advised that this class does run outside (weather permitting)

**Register:** [www.activityreg.com](http://www.activityreg.com) or South Jordan Fitness & Aquatic Center

For more info contact: (Instructor) Anne 801-718-0557, or Chet [cwanlass@sjc.utah.gov](mailto:cwanlass@sjc.utah.gov)

**\*\*Parents can enter the race and train with their child. All parents participating with their child will receive a \$10 discount for the session the child is registered for. You must have a child registered for this session to receive the discount.**

