

Run Your Potential

For Runners, Triathletes or Anyone Looking to Improve Endurance & Performance

This program is for runners/triathletes wanting to:

- Improve strength and endurance through Hill Repeats and Boot Camp
- Improve Speed through: Strides, Track, Tempo & Fartleks
- Form analysis on specific days with Cam recording
- Improve flexibility with stretching and Myo-facial Release
- Learn to maximize your workouts with Heart Rate Training

Open to All Levels, Ages 14 and up

Wednesdays: 6:05 - 7:05 PM

Start Date: July 25, 2018

8 Weeks

Location: Latitude Lobby, Salisbury

Cost: Members: \$128 Non-members: \$193

Space Limited to 10 per class!

Coach Pam Houck



Upcoming 2018 Races:

7/31 Yankee Homecoming 5K & 10 mile races, Newburyport, MA

8/5 High Street Mile, Newburyport, MA

8/16 Saunders at Rye Harbor 10K, Rye, NH

Run Your Potential Program Registration Class Dates: 7/25/2018—9/12/2018

Participant Name: _____ Date of Birth (MM/DD/YYYY): _____

Age: _____ Zip Code: _____

Street Address: _____

City: _____ State: _____

Phone: _____ Email: _____

If yes, what? _____

Goal of class: _____

Cost of 8 Classes: Member \$128 _____ Non-member \$193 _____ Fit Pro: Pam Houck

Latitude Sports Clubs will not be held responsible for any accidents or injury on or off Latitude premises. I also give my consent to appear in photographs for potential marketing purposes.

Signature: _____



Questions: Contact Pam Houck Phone: 978.697.5627 or Email: pahouck@gmail.com