



Run Tough Class!

Mondays & Fridays from 6:00 AM to 7:00 AM—February 3th to February 27th

Mondays & Fridays from 4:30 PM to 5:30 PM—February 3th to February 27th



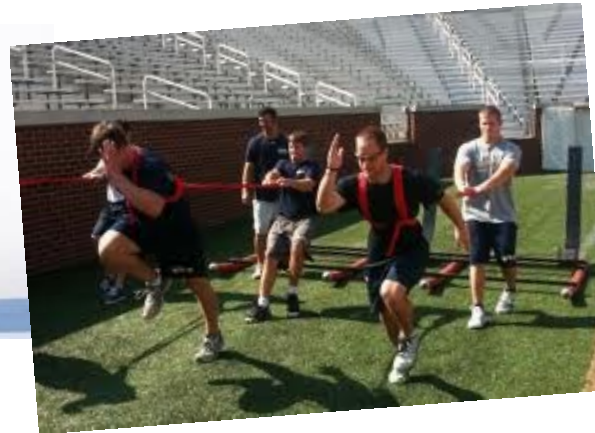
10 minutes of drills, skipping & bounding

30 minutes of running outdoors

20 minutes of run-specific strength

\$49.95 + HST

**New
Evening
Class!**



www.avidfitness.ca