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Courtesy of the Human Performance Lab, UI of C

[Runners Performance]

Running a marathon, Bellin Run or any other road races this year? Want to become faster, stronger, and less injury prone? If so, this is the class for you.

Program Description: The Runners Injury Prevention and Performance class is a comprehensive training program for active individuals. This class is geared towards anyone who is competing in an endurance event. Throughout the 9-week session our Certified Performance Specialists will help you to enhance your flexibility, through dynamic warm up and static stretching techniques, improve your balance, core stability, and overall strength for injury prevention. We will also teach you the fundamentals of endurance training that will translate to your race. The small group setting helps to promote a highly energetic and enthusiastic atmosphere in our state of the art training facility. Sign up today to improve your next endurance event!

Athlete Testimonial!

“I really needed that supportive atmosphere and the instruction in stretching, strength, and all other information that was given to me”

Starting: Jan. 3rd, 2012

Registration Deadline: Dec. 26th, 2011

Session	Days/Time	Program	Cost
Runners Performance	Tues & Thurs 6:00 - 7:00pm	8 weeks 2 x per week	\$160

*If you wish to sign up for one class per week or less than eight weeks, the class price will be prorated.

Call today to reserve your spot!

(920)430-4722

XL Athletic Performance
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