

Thinking of running this summer?  
Looking for motivation?  
Looking for some fun?



**Check out the "Get Running" Run Program (5k or 10k)**

**Tuesday 645–730 PM starts May 10th**

**Commitment:**

**One group run/week**

**2 free runs/week**

**Learn to run 5 k (8 weeks) (\$65)**

**Learn to run 10 k (14 weeks) (\$100)**

**Almonte Fitness Centre**

[www.almontefitnesscentre.com](http://www.almontefitnesscentre.com)

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