



Woodbridge  **Running Company**
Couch to 5K

45 minute clinic includes:

10 minute overview of the Couch to 5K program.

10 minutes on how to get started running.

Things to know about getting started.

Followed by Q & A.

Meet Woodbridge Running Company expert coaches
Chris & Matt and work your way up to a 5K.

Monday, May 23 at 6 p.m.

JCC Lobby

360 Amity Road, Woodbridge

This is a free program.

More info: Jess Ciola, (203) 387-2522 x266 | jessciolla@gmail.com

