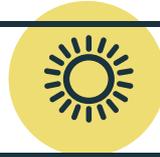


Rise & Run-7:45-8:15 A.M.

WIS- Monday
4/17-6/5(Rain 6/12)



HES- Wednesday
4/20-6/1 (Rain 6/8)

This morning club gives younger athletes an entry into the popular, fun and healthy sport of running. Children will learn proper stretching, running, pacing and cool down techniques as they run and have fun. The morning sessions will feature a before and after phase. Parents (and other family members) are asked to sponsor their child as he/she accumulates laps. Sponsors have the option of donating on a per lap basis or simply making a general donation. Prior to the last session, donations will be collected and we will have a total lap count. Parents and volunteers are welcome to join the fun! All donations will go towards *Caroline House*; Bridgeport-based charity aiding women and children to reach the fullness of their potential through education in English language and life skills.

\$ 85 for 7 Sessions

Register: www.westonct.gov

Running Club- WIS

Our tried and true after school Tri-fitness running club. Participants will learn the proper warm up and cool down technique as well various running methods- and the benefits of longer runs vs. shorter/faster races. They'll have fun while getting a great workout!

Wednesdays: 3:15-4:15

Dates: 4/19,26. 5/3,10,17,24,31. 6/7

8 Classes- \$160

Instructor Bio:

Pascale is the head coach and founder of Trifitness. Having enjoyed a career as a business woman and a busy mother, Pascale found her calling as a trainer and coach- wanting to help others share her own love of exercise and fitness.

She is an Ironman Certified Coach, USA Triathlon Level 2 Certified Coach, USATF Level 1 Certified Coach, N.A.S.M. and A.C.E. certified personal trainer and a successful competitive runner and triathlete member of Team USA. She has been a USAT All American since 2003. She is a certified Swim Speed Secrets Coach and has trained personally with Olympian Sheila Taormina.



WWW.WESTONCT.GOV
Questions contact Pascale at info@trifitness.net

Or call 203-612-8815

