**Fit Rev is SO excited to announce its own RUNNING CLUB!**

**\*Fit on the Run\***

**Fit on the Run is a running club – targeted for ALL running levels, all paces, and anyone who is interested in the sport of running! It is a proven fact that running in a group setting is more motivating and helps push you to stay on track and to help you reach your own personal running goals faster!**

**We will incorporate different types of runs – hill repeats, track speed workouts, tempo runs, interval training, fartlek training, and much more!**

**1 X a week – TRACK workout**

**Groups will be split according to level and pace, but will always start and end together! Stretch and core work included as well as education on running!**



**Tuesdays 6:15am & Wednesdays 5:15am**

**Sign up at** [**www.fit-rev.com**](http://www.fit-rev.com) **under EVENTS! \*Summer Cost $80\***