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**Running Group starting September 8th!**

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**It’s time to set another goal here at Fit Revolution.**

 **Time for us to put on our running shoes and MAKE THINGS HAPPEN!**

**This program is for EVERYONE!**

**All you need to tell us is if you are a beginner, intermediate or advanced runner.**

**We will guide you from there!**

**Join our group for 8 weekly training sessions.**

**Become a better runner and if you like,**

**Join us for the Cape Cod ½ Marathon on October 25th!**

**Speed/Interval Workouts**

**Mondays at 5:30am**

**Register today at** [**www.fit-rev.com**](http://www.fit-rev.com)

**Click on sign up for a class and go under EVENTS**

**Select Boston Strong Running**

**Cost $79 – 5 runners to run a group!**