

# WRP Training Studio

## STRENGTH TRAINING FOR FEMALE RUNNERS

Mondays/Wednesdays for six weeks March 8-  
April 21, 2010 (no class 03/22 and 03/24 during  
spring break) 8:00 – 9:00 a.m.

- Run faster, longer, and more efficiently
- Identify muscular imbalances
- Increase overall strength to improve your running performance
- Build a stronger core to better engage your glutes and hamstrings
- Meet a new friend to run with! Error! Hyperlink reference not valid.

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**Just \$99.00 for all 12 classes! Call or e-mail soon to reserve your spot!**

Where? **WRP Training Studio**, 2753 NW Lolo Drive, Bend, in Northwest Crossing, just off the Skyliner/Mt. Washington roundabout

Offered by: Ruth Ann Clarke, ACE Certified PFT and Advanced Fitness Specialist 541-420-0890

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

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