



- ★ 8-week Program
STARTING **Monday,**
January 25TH, 2016
- ★ FITNESS CENTER DIRECTOR
JASON BISHOFF WILL BE A
PERSONAL COACH TO EACH
PARTICIPANT
- ★ 3 TIMES PER WEEK BASED
ON AVAILABILITY
- ★ EACH PARTICIPANT WILL
RECEIVE AN **OFFICIAL SHIRT**

**COME BE A PART OF
FRED FIT'S 1ST EVER
COUCH TO 5K
PROGRAM!**



FRED FIT'S COUCH TO 5K PROGRAM IS DESIGNED
PREPARE FREDONIA RUNNERS FOR THE ANNUAL **SLUSH
RUSH 5K ON SUNDAY, MARCH 13TH** AND IS OPEN FOR
ALL INTERESTED PARTICIPANTS!

***REGISTRATION AND WAIVER FORMS AVAILABLE AT
THE FITNESS CENTER DESK***



**SLUSH
RUSH**
5K RUN/WALK
In Memory of Xylia Peterson, '85