



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONGER FASTER SMARTER

## Conditioning for Runners ANN ARBOR YMCA

Spring will be here soon—time to run strong! Running is a great workout for building stamina, endurance and lean muscle.

Want to improve your running form and posture, increase your efficiency and reduce injuries?

Certified fitness instructor, running coach and personal trainer **Marie Wolfgram** will lead you through a full body workout that incorporates core muscles into each movement.

**Date:** Saturday, March 5, 1:15–2:15 p.m.

**Location:** Studio B

**Fee:** \$20 members, \$55 community members

