

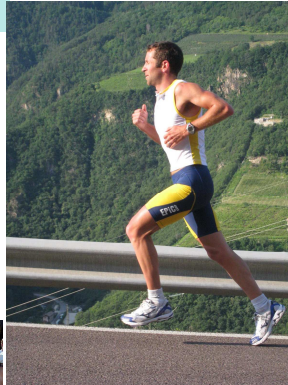
# Beginner Run Training Program

This class focuses on beginners, but all levels of runners and walkers are encouraged to participate!

**SOLAÑO**  
FITNESS+DANCE STUDIO

**Orientation Meeting:  
Sunday,  
March 27  
@ 9 am!**

Classes will meet  
Sundays at  
9:00 am  
and  
Tuesdays  
at 6:30 pm



FREE Long-Sleeve Technical  
Training Tee!

**Kick-Off  
Date:  
Tuesday,  
March 29th!**



Train for  
your 1st 5K  
or 10K in 12  
weeks!

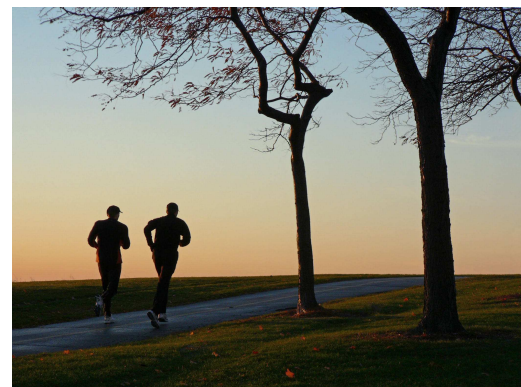


FREE  
workshops  
and  
post-run  
snacks!

**Cost:  
\$85 (by  
March 21,  
and for  
Premier  
Members )  
\$99 (after  
March 21)**



Entry fee  
includes run  
and strength  
training, to be  
done  
individually  
and as a  
group.



For more details,  
please call  
773-235-7500  
or email  
tricia@solaofitness.com

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