



# WALK & RUN CLUB

**SPRING SESSION: JAN 7<sup>TH</sup> - APRIL 23<sup>RD</sup>**

**TIME: MONDAYS 5:30PM-6:30PM**

**TUESDAYS 7:15AM-8:15AM**

**LOCATION: GHN INDOOR WALKING TRACK**

Need a little group motivation to start your walking or running training this summer? We want you to get the most out of your walking/running, whether it's training for a personal best in an upcoming race or keeping up with the kids on weekends. The miles go by easier with friends.

Get Healthy Now's Walk & Run Club welcomes all levels and abilities! Join to get tips and pointers on how to reach your potential as a walker/runner.



WHO: UOFL  
EMPLOYEES,  
RETIREES, AND  
THEIR SPOUSE/QA

ENJOY THE HEART  
HEALTHY  
BENEFITS!

WEEKLY TIPS

ALL LEVELS  
WELCOME!

GET HEALTHY NOW  
WELLNESS CENTER  
601 Presidents Blvd.  
Louisville, KY 40217  
502-852-7755  
ghn@louisville.edu

<http://louisville.edu/gethealthynow>

Jan 7<sup>th</sup> -April 23<sup>rd</sup>