



# *Marathon Physical Therapy & Sports Medicine*

## *Winter Running Program*

Starting **Saturday, January 16th** at 7:30am

Get in great shape, train for a 5K, or a 1/2 marathon this winter. This 20 week program is great for first timers and seasoned veterans.

Not only will you have a lot of fun, but you will get a ton of great stuff too!

- 20 weeks of fun winter training to keep you motivated and in shape
- Training plans for all levels (from beginner to advanced)
- Weekly group runs starting and ending at Marathon locations
- Education seminars and clinics (including injury prevention, strength training, flexibility, and heart rate monitor training)
- Complimentary injury screens to keep you healthy

Members also receive these great savings of more than \$130!



- 1/2 off your first massage
- \$15 off additional massages
- \$15 off Personal Training
- Complimentary Pilates class
- \$15 off Video Gait Analysis
- \$20 off Lactate Threshold Testing
- \$20 off Functional Movement Screens

Sign up now and be one of the first 20 members to receive a free dri-fit t-shirt!

\$149 for current or past Marathon members/patients

\$169 for new members

If you can't attend the group sessions, don't miss out!

Sign up for our Virtual Program

\$49 for Marathon members

\$69 for new members



Look for run updates on the Marathon Facebook® page and follow the program on Twitter®.