

RUNNER'S BOOT CAMP



**Wednesdays 6:30 - 7:30 @
Beazley Track (Dartmouth)
August 11 - thru October 6 (9
weeks)**

**Cost: \$95 (until July 31)
\$115 (after July 31)**

The RUNNER'S BOOT CAMP is a group training program specially designed to help runners build strength, optimize running form and efficiency, and optimize performance. Classes will consists of a combination of running drills, plyometric exercises, and core strength training. Classes are open to all runners and will accommodate all abilities.

Presented in partnership by ***Kinetesis Sports Injury & Performance Clinic***
and ***Flexion Performance Training***

RUNNER'S BOOT CAMP

REGISTRATION FORM

Name: _____

Address: _____

City: _____ Postal Code: _____

Telephone No: _____

Email: _____

Payment Options

Cheque/Cash My cheque/cash is enclosed (cheques payable to Kinetesis Sports Injury & Performance Clinic)

Credit Card Visa / MC
Card No: _____
Expiration (mm/yyyy): _____ / _____

3 Ways to Register:

1. Fax Registration Form (with credit card info) to Kinetesis Sports - (902) 407-7208
2. Email Registration Form (with credit card info) to info@kinetesisports.com
3. Mail registration form (with payment info) to

Kinetesis Sports Injury & Performance Clinic
1600-303 Bedford Hwy, Bedford NS, B4A 1E8

**For more information contact Dr. Jason Gray (jasongray@kinetesisports.com / 407-7207)
or Jason Davis (jdavis@flexiontraining.com)**

