



Couch to 5k

Price increases April 13. Register early to save!

April 30-June 30
All ages. All Levels.
\$75 includes:

- 9 weeks of coach-led group runs/walks 2/week
- Tuesdays, 6 p.m. @ Running Lab in Brighton
- Sundays at 7:30 a.m. @ WLHS
- Weekly guided training plan
- Running Lab Gift Card upon completion
- Entry in the 4th of July Color 5k on June 30!
- Parent participation required for runners 15 and under.

Program Kick Off
April 29, 7:30 a.m.
WLHS Indoor Track
Come prepared to walk/run



Meet Your Coach!

Coach Kimberly is an exercise physiologist and a certified personal trainer. In addition to running, she loves all forms of exercise and enjoys coaching and encouraging others to fulfill their fitness goals!

To register, visit wlps.net/community-recreation,
call 734.449.4461 x3057 or email
wlcrinfo@wlps.net