

Run For Your **Health**, Run For Your **Happiness** **Run For Your Life!**

FREE CROSS TRAINING WORKOUTS - Spring and Summer 2018

Spring Cross-Training Workout Program

Ages 8 - 55, Parents Welcome

The Brecksville Recreation Department in collaboration with the Run For Your Life Program offers a Free Spring Cross Training Program. The program is designed for speed training, strength training, plyometric training and conditioning. Attendees will be required to bring their own jump rope, workout mat and water bottle. The workouts will be held at the Blossom Turf, and registration will be through the Brecksville Community Center. Registration begins March 1st.

April 16, 2018 - May 23, 2018,
Mondays from 4:30pm – 5:30pm
Wednesdays from 4:30pm – 5:30pm

Summer Running Program

Ages 5 and up - Parents Welcome

The Brecksville Recreation Department in collaboration with the Run For Your Life Program offers a Free Run For Fun Program. The program is designed with fun running activities for 6-15 year olds. Parents are encouraged to come and participate as well. Attendees are required to bring your own water bottle and running shoes. This is a free running program enjoyable for all. The program will be held at the Blossom Complex, and registration will be through the Brecksville Community Center. Registration begins March 1st.

June 19, 2018 - July 26, 2018
Tuesdays from 9:00am - 10:00am
Thursday from 9:00am - 10:00am

Summer Cross-Training Workout Program

Ages 8-55, Parents Welcome

The Brecksville Recreation Department in collaboration with the Run For Your Life Program offers a Free Summer Cross Training Program. The program is designed for speed training, strength training, plyometric training and conditioning. Attendees will be required to bring their own jump rope, workout mat and water bottle. The workouts will be held at the Blossom Turf, and registration will be through the Brecksville Community Center. Registration begins March 1st.

June 18, 2018 - July 25, 2018
Mondays from 9:00am - 10:00am
Wednesdays from 9:00am - 10:00am

Run For Your Life is a free program for Brecksville, Broadview Hts, Independence and North Royalton residents. The program meets rain or shine. Should weather be questionable for safety, you will be notified by an instructor. Please contact Brian Stucky, 216-390-4950 or brstucky@aol.com or Jim Kolesar , 440-546-2008 or jkolesar@brecksville.oh.us with any questions.

