

## Running/Walking Club



Ever wanted to train for a 5K or half-marathon? This class is for you! Don't like to run? This class is also for you! You will learn running/walking techniques from an experienced runner. Choose your race and we will help you get conditioned to accomplish it... running or walking, you will get a great workout.

### **Classes are:**

Saturday

8:00 - 9:00 am

Gregg-Clarke Park Track

**Click any thumbnail image to view a slideshow**



### **Web Links**

[Live Well Fitness](#)

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