

# RunSMART Outdoors!



This proven runner strength and conditioning program was **created to aid in improving running efficiency while reducing the risk of common ailments** such as plantar fasciitis; knee & IT band pain, shin splints and low back pain.

Let our expert, Laurie Lasseter (*RRCA Running Coach, ACE Personal Trainer & 30+ marathon finisher*) teach you the most effective exercises to get & keep you running your best!

This outdoor class is designed to provide 10-foot social distancing. Masks are required when at less than 10-foot social distance. Masks are strongly encouraged when at 10-foot or more social distance. Bring your own mat, water and towel.

## RunSMART Outdoors at Seven Bridges

**Saturdays 12:30 – 1:30pm**

## Fees for Outdoor RunSMART

**Member: 1-class \$16, 6-class virtual punch card \$96.00**

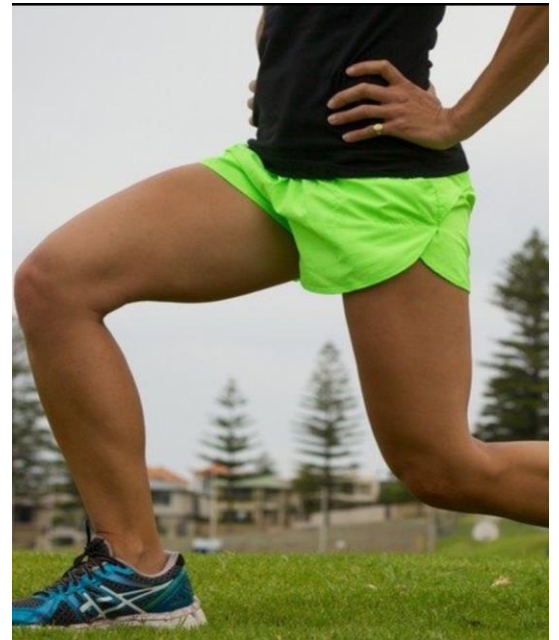
**Non-Member: 1-class \$21, 6-class virtual punch card \$126.00**

**2022 Spring (Outdoor) class is in session every Saturday weather permitting**

SMALL GROUP PERSONAL  
TRAINING

●  
SEVEN BRIDGES

## Strength Training for Runners – avoid injury, get stronger, run faster!



**REGISTRATION MUST BE ARRANGED  
WITH LAURIE IN ADVANCE AND PAID  
FOR AT THE FRONT DESK**

For Registration and Class Information:  
[lasseter@comcast.net](mailto:lasseter@comcast.net)

For Other Information: 630-646-7920  
[Daniel.Johnson@EEHealth.org](mailto:Daniel.Johnson@EEHealth.org)