

# Fun Core training with friends

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We are doing core training Tuesday and Thursday night 7:pm till 8pm and Saturdays at 11am till noon. It will be after a run and program designed for runners to maximize the benefits. Core specific for runners, we will be using a great facility in Brea, CA near Craig's park. This is for all fitness and running levels. There are 3 spaces available tues and thurs and 5 left on saturday. Pick your days. Cheap, fun, fitness.

Email your name, the days you would like to participate, and your perceived fitness level. Please put Core Training in the subject box. Space is limited.

See you on the road!

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