



Learn great strength training techniques that will build muscle and support your joints as you run!

Registration Information:

Name: _____
Address: _____
City/State/Zip: _____
Telephone: _____
Email: _____

PRINT THIS FORM and submit it to one of the following GoodLife Fitness Clubs by September 6th 2010

Burnaby Northgate - 24hrs

3433 North Road Unit 200
Burnaby BC, V3J OA9
Tel: (604) 444-3343
Fax: (604) 444-2668
burnabynorthgate@goodlifefitness.com



Victoria West

100-655 Tyee Road
Victoria, BC V9A 6X5
Tel: (250) 475-3716
Fax: (250) 475-6347
victoriawest@goodlifefitness.com

Meadowtown Centre Real Canadian Superstore- Women's Club

201-19800 Lougheed Hwy
Pitt Meadows, BC V3Y 2W1
Tel: (604) 460-0348
Fax: (604) 465-4348
pittmeadows@goodlifefitness.com

Cost members/non-members: \$129 Price subject to change. See club for details.

Strong on the Run begins at participating clubs the week of September 7th 2010.

Program includes 2 training sessions per week for 4 weeks.

Maximum 20 people per group. Space is limited.

Questions? Email: jrogers@goodlifefitness.com