



ENDORPHIN *FITNESS*

## MARATHON TRAINING TEAM DISCOUNTS

It is extremely important to continue to strength train during your race season. Strength Training prevents injury, maintains the strength that you built up over the off-season, improves your resistance to fatigue, and increases your endurance.

### STRENGTH TRAINING FOR ENDURANCE ATHLETES

This workout is perfect for all levels of athletes desiring increased fitness and performance. Focusing on core development and sport specific movements, this continuous circuit will prevent injury while developing speed and strength.

### CLASSES AVAILABLE:

- > Monday 6-6:45 PM
- > Tuesday 7:15-8:00 PM
- > Wednesday 6-6:45 AM
- > More classes will open up as needed.

### 10% DISCOUNT:

- > Monthly Pass – 1 Class/Week: \$43 (reg. price \$48)
- > Monthly Pass – 2 Classes/Week: \$68 (reg. price \$76)
- > FIRST CLASS IS FREE!

### ADDITIONAL DISCOUNTS:

- > 10% off Sport Specific Personal Training
- > Free use of the EF Training Center

### TESTIMONIALS

“I have been doing core specific training with Julia since January of 2008. Since I started working with her, I not only feel stronger and have improved running form, but I have also set personal bests at every distance I have run (from a 5K to the marathon). Julia is extremely inventive with her workouts and the group format she utilizes makes it fun and competitive! I come away each week sore and feeling faster than the previous week. Julia is an excellent trainer who truly understands the unique needs of an endurance athlete and can help any runner reach their full potential.”

-Sarah P.

“I’ve been a participant in the Core Fitness training sessions since they’ve started at Endorphin Fitness. Julia’s program has helped me develop and maintain a level of stability and balance that I wouldn’t have achieved training on my own. I’ve seen the effects in my races and my runs, and even when I’m in front of the computer all day at work. She is professional, knowledgeable, and fun to work with. She keeps the group motivated and can modify any routine on the fly to suit any person’s strengths or weaknesses. She helps make the experience as enjoyable as it is challenging. By the end you’ve had a good sweat and more than a few good laughs.”

-Jake W.

ENDORPHINFITNESS.COM

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