

Jump Start Your Spring Sport Season Training

Starting January 22 and going until March 14.

Every Tuesday and Thursday from 3:00-4:30 PM

Berkshire Running Center, 34 Depot St.

Kent Lemme and Nick Curelop will help get you in better shape to start your spring sport. Through a combination of Indoor Cycling, Running, Strength Training, Plyometrics, Core, Yoga and Stretching. We mix it up and keep it interesting with energy and lots of fun! Make this spring sport be your best season yet and get yourself into great shape to start the season!! To sign up stop into the Berkshire Running Center to fill out a form and pay for the program. The cost is \$150 for 16 1.5 hour sessions! Or fill out the form below and mail it in.

Name: _____ Age: _____
Gender: _____ Spring Sport: _____
Phone: _____ Email: _____
School Name: _____

Parent or Guardian Signature: _____

Make Checks Payable to: Berkshire Running Center, 34 Depot Street, Pittsfield, MA 01201