

COUCH POTATO TO 5K



🕒 NEW 8-Week Program 🕒

April 20th through

Race Day, June 7th

ENTRY FEE \$75

THIS INCLUDES

- 🕒 8-week program
- 🕒 1 run on your own
- 🕒 2 group led runs
- 🕒 race registration fee
- 🕒 race t-shirt

1ST Practice: April 20th, 10:30am @ the studio

Group Led Runs: Wed. @ 6pm & Sat. @ 10:30am

BONUS Group motivation and accountability Facebook group to answer questions and offer support.



JULIE'S FITNESS STUDIO
6763 PROVIDENCE ST.
WHITEHOUSE, OH 43571

419-350-7426
f JULIESFITSTUDIO

JULIE'S **FIT**
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STUDIO

TO INSPIRE, MOTIVATE & CREATE A BETTER YOU

WWW.JULIESFITSTUDIO.COM

----- Cut Here - Entry form may be photocopied. Please print legibly. -----

Name: _____ Phone Number: _____

Address: _____ City/State/Zip: _____

Sex: (circle one): M F Age: _____ Date of Birth: _____

Shirt Size (circle one): XS S M L XL 2XL Amount Enclosed: _____

Email Address: _____

In consideration of your acceptance of this entry, I hereby for myself, waive and release Julie's Fitness Studio and all related parties from any injury or damage resulting from participating in this event. I am in the proper physical condition to participate in this training program.

Signature: _____ Date: _____