

# Ready, Set, 5K



Each Wednesday meet with us for on-line training and support as we learn to build aerobic activity into our lives. Each week we will offer a combination of information, stretching, and chat time to answer any questions you may have. By the end of the series you will be ready to run/walk a 5K!

We offer the same webinar in the morning and afternoon to accommodate your schedule. Registration is required.

For the best audio experience, we recommend using the call-in feature rather than listening through your computer.

Dates	Webinar Topic	Webinar Details	
4/21	Getting Ready	11:00am to 12:00pm	<a href="#">Register for Getting ready (AM)</a>
		3:30pm to 4:30pm	<a href="#">Register for Getting ready (PM)</a>
4/28	Warming Up	11:00am to 12:00pm	<a href="#">Register for Warming Up (AM)</a>
		3:30pm to 4:30pm	<a href="#">Register for Warming Up (PM)</a>
5/5	Cooling Down	11:00am to 12:00pm	<a href="#">Register for Cooling Down (AM)</a>
		3:30pm to 4:30pm	<a href="#">Register for Cooling Down (PM)</a>
5/12	Stretching	11:00am to 12:00pm	<a href="#">Register for Stretching (AM)</a>
		3:30pm to 4:30pm	<a href="#">Register for Stretching (PM)</a>
5/19	Dynamic Movements	11:00am to 12:00pm	<a href="#">Register for Dynamic Movements (AM)</a>
		3:30pm to 4:30pm	<a href="#">Register for Dynamic Movements (PM)</a>
5/26	Check-in Chat	11:00am to 12:00pm	<a href="#">Register for Check-in Chat (AM)</a>
		3:30pm to 4:30pm	<a href="#">Register for Check-in Chat (PM)</a>
6/2	Strength Exercises	11:00am to 12:00pm	<a href="#">Register for Strength Exercises (AM)</a>
		3:30pm to 4:30pm	<a href="#">Register for Strength Exercises (PM)</a>
6/9	Eating on the Go	11:00am to 12:00pm	<a href="#">Register for Eating on the Go (AM)</a>
		3:30pm to 4:30pm	<a href="#">Register for Eating on the Go (PM)</a>
6/16	Listening to your Body	11:00am to 12:00pm	<a href="#">Register for Listening to your Body (AM)</a>
		3:30pm to 4:30pm	<a href="#">Register for Listening to your Body (PM)</a>
6/23	What to Eat and Wear	11:00am to 12:00pm	<a href="#">Register for What to Eat and Wear (AM)</a>
		3:30pm to 4:30pm	<a href="#">Register for What to Eat and Wear (PM)</a>
6/30	Race Day Prep	11:00am to 12:00pm	<a href="#">Register for Race Day Prep (AM)</a>
		3:30pm to 4:30pm	<a href="#">Register for Race Day Prep (PM)</a>

Registration is required. Choose a topic and register now!