



RUNNING SEMINAR

DATE: SATURDAY NOVEMBER 28, 2009

TIME: 9 AM TO NOON

LOCATION: AT THE GYM - 38415 INNOVATION CT. STE K. MURRIETA, CA 92563

FOR WHO: FOR ANYONE WISHING TO BECOME A MORE EFFICIENT AND EFFECTIVE RUNNER.

INSTRUCTOR: OUR VERY OWN ERNIE MARTINEZ. ERNIE HOLDS MULTIPLE CROSSFIT CERTIFICATIONS INCLUDING A CROSSFIT ENDURANCE CERT. ERNIE BRINGS MANY YEARS OF RUNNING EXPERIENCE TO THE SEMINAR AND WILL BE PERFORMING VIDEO ANALYSIS OF EACH PARTICIPANT.

COST: MEMBERS - \$30 NON-MEMBERS - \$50

SPOTS ARE LIMITED SO RESERVE YOURS NOW!

TO SIGN UP: SEND AN E-MAIL TO

JUSTUS@CUTTINGEDGECROSSFIT.COM