

# JOIN THE **WALK/ RUN** PROGRAM

DURING ROAD AMERICA FOUR MILES  
OF FITNESS EVENT

**MONDAYS & WEDNESDAYS  
SEPTEMBER 7-28  
6-8PM**

Sports Core, in collaboration with the Sheboygan YMCA, will be offering a Walk/ Run program during the Road America Four Miles of Fitness event.

This educational program will help participants develop healthier habits by making physical activity a focus in their lives. Each participant will set weekly goals and will have the support of his or her trainer and fellow participants to help achieve these goals. This program will also prepare individuals to participate in the American Cancer Society's Walk/Run at Road America in October.

*Strollers are allowed.*

**\$50 per participant**

(Includes a \$25 track access pass  
for the month of September)



ALL PROCEEDS FROM THIS PROGRAM WILL BE  
DONATED TO THE AMERICAN CANCER SOCIETY  
WALK/RUN IN OCTOBER.



PLEASE REGISTER AT SPORTS CORE  
RECEPTION DESK OR BY CALLING  
920-457-4444.