



correct.

RUNNING

GROUP TRAINING

Corrects Running group, combines muscle activation and targeted exercises specific to running gait. Ideal warm up exercises and technique coaching are utilised with short and medium length interval courses. Running is the most natural method of movement for the human body and when trained properly leads to fast, effective improvements in cardiovascular fitness and health.

The running circuits and sessions are designed to cater for beginners all the way through to avid runners. If you're looking to get started with running, or training for an upcoming event, this group is perfect for you.

UNLIMITED GROUPS

Choose from
multiple different
group classes
every week

\$70 p/w