



**Running Advancement Program
(All Levels Welcome)**

Activities include

- ❖ Athletic & Core Conditioning
- ❖ Plyometrics & Agility Drills
- ❖ Technique & Efficiency Analysis and Advancement
- ❖ Sport Specific Training Strategies
- ❖ Stretching & Recovery Tactics
- Sports Nutrition Information

Schedule

Call for days and times

Location

Lake Norman, Charlotte & Lehigh Valley Area Locations

Professional Trainers

Kelly Fillnow, Megan Hepp & Liz Moss

VISIT upgradelifestyleinc.com for athletic biographies

Cost

Call for Pricing

Name: _____

Date of Birth/Age: _____

Address: _____

Phone(s) _____

Emergency Contact Info: _____

Email: _____

Running Experience:

Forms of Payment(s) accepted:

- Check – (made payable to **UpGrade Lifestyle**)
- Credit Card – Visa MasterCard Discover

AMEX

Name on Card _____

Card Number _____

Expiration Date __/__/__

Signature _____

Complete this Registration Form prior to the program date. Send completed form via email or mail to: **UpGrade Lifestyle, PO Box 1632, Huntersville, NC 28070.**