

Teen Strides Program

Elite Trainers & Coaches

Kelly Fillnow & Megan Hepp

VISIT www.upgradelifestyleinc.com for athletic biographies

Program includes

- ❖ Detailed training program – 5k Specific
- ❖ Weekly training sessions
- ❖ Running, plyometrics & agility drills
- ❖ Core conditioning
- ❖ Stretching & recovery tactics
- ❖ Goal setting strategies
- ❖ Guidance in everyday healthy living

Training Sessions

Wednesdays, 4:15-5:15pm

Locations

Birkdale Resident's Club
8915 Devonshire Dr, Huntersville

REGISTRATION FORM

Name _____

Date of Birth/Age _____

Address _____

Phone _____

Email _____

Emergency Contact _____

Running Experience _____

Forms of payment accepted

\$20 per session

- Check (made payable to **Upgrade Lifestyle**)
- Credit Card (Visa MasterCard AMEX Discover)

Name on Card _____

Card Number _____

Expiration Date _____

Signature _____

Send completed form via email to

kelly@upgradelifestyleinc.com

or mail to:

**Upgrade Lifestyle, PO Box 1632, Huntersville, NC
28070**

