



ChiRunning®

Louisville

Workshop

By Certified Instructor, Maurice Wills



Learn the basics of the ChiRunning® Technique

Please join us and learn the following exercises, drills and tips... and walk (or run) away with a great new skill-set to help you run injury-free!

- The Physics of Running
 - Use your Posture, Legs and Arms Efficiently
 - Personal Check-in Tricks
 - Core muscle Drills and Exercises

When: Saturday, December 13, 2009
11 am – 5 pm

Where: E.P. “Tom” Sawyer State Park
3000 Freys Hill Road, Louisville, KY 40241

Who: Beginner, advanced, any age, injured or not!

Cost: \$225/person for the full day

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locally by:*



Check out www.nextlevelmultisports.com or www.trainsmartmultisport.com for details.
Or call Maurice @ 404/357-9485 or Nancy @ 502/895-4441.