



Coached by Emily Ansick

The Run/Walk class will be coached by certified personal trainer **Emily Ansick**. Emily has 14 years of running experience and 4 years of coaching experience. She competed in the NAIA collegiate national XC & track and field championships in 2005 & 2006. She attended AU for her M.Ed in Exercise Physiology in 2007 and has been coaching the runners of the AU triathlon team every since. Emily enjoys competing in triathlons, 5k's, 10k's, half & whole marathons, and her favorite, ultra marathons with William and her 1 year old son, Miles, supporting her.

I started running about 2 years ago and got serious about it with Emily Ansick's Walk/Run class. I have always worked at getting exercise but never could quite develop a consistent routine. With her encouragement and that feeling of accountability to the rest of the group, I have created what I call my "new good habit". I have not felt this good in many years and I have Emily and the friends I have made in the group to thank.

-Ann Cochran-



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Team Run-a-Ways

A group of walkers, joggers, and runners

The best way to
get away is to
Run-A-Ways.



A Journey of a Thousand Miles
begins with a Single Step...



A great opportunity for everyone!!!

Come out and join us for a month of fitness! Learn to run, find races, make new friends, and enjoy life! Enjoy the benefit of having a social group that encourages health and friendship! The goal of this class is to cater to everyone's needs. If you have struggled with running consistently or if you dream of doing your first race (whether that is a 5k or even a marathon), there is a spot for you in this class! We will be meeting 3 days a week (a 2 day/week option is available as well) at 6pm at various locations (schedule will be handed out on sign up days at the first of each month) and doing various types of workouts each day. We also have some social gatherings included in the class that are optional. Why are you waiting to look and feel better than ever and make a few friends along the way?

Team Run-A-Ways Pricing

(Meets M/W & F)

Member: \$35/month

NonMember: \$45/month

*2day/week option for \$10 less/month



I have enjoyed being a part of the Run/Walk class for about 6 months. Running with a group of people keeps me happy and accountable! Emily is a knowledgeable trainer who is fun to be with, and she is constantly encouraging me. ~ Beth



“Success isn't how far you got, but the distance you traveled from where you started.” -Pre-

Incentives included in class:

- ❖ Receive a month free for referring 3 friends to sign up for the class for at least a month
- ❖ Best attendance from the previous month gets the following month free
- ❖ Receive a free run-a-ways t-shirt for continuing the class and proving 2 5k times during the class with improved time in the 2nd.

When: Enrollment is the first Monday of each month!

Where: HealthPlus Fitness Center (Sign up in the coffee area the first Monday of each month)

Class Times: 6-7:15PM M/W/F/ weekly

