



### WHAT IS A GROUP RUNNING CLASS?

Training in a group is the best way to improve your running, by completing a tough session with other like-minded people to push you along and encourage you. Each session is different, so you'll get plenty of variety, and your workout will be closely supervised by an experienced running coach.

### WHAT ARE THE BENEFITS?

- Optimise your running technique
- Improve your speed, endurance and fitness
- Build your leg and core strength
- Work harder within a group environment
- Have fun with like-minded runners

### WHAT TYPES OF RUNNING WORKOUTS CAN I EXPECT?

You will complete a different running training session at every class, based upon variations of fartlek, interval, sprint, hill and tempo workouts.

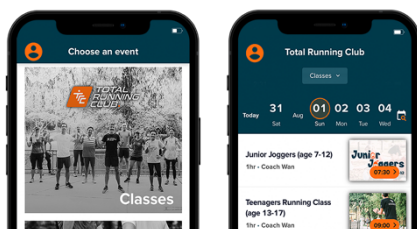
### WHAT IS THE STRUCTURE OF A GROUP CLASS?

- Check-in
- Dynamic stretching group warm up
- Workout explanation and coaching tips
- Group workout
- Static stretching group cool down
- Group photo!

### WHAT IS THE COST AND WHERE AND WHEN ARE THE CLASSES HELD?

- 40 MYR for 1 class OR
- 175 MYR for 5 classes

Safety is our primary objective, and with the current MCO situation, we are operating on a limited class timetable. Please visit our website for the most accurate information on our schedules.



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