

# Fit School for Women

## Walking or Running Program

### Program Information

- Civic Field Track**  
Monday and Wednesday  
8:30—9:30 a.m.  
Or
- Fairhaven Runners & Walkers**  
Monday and Wednesday  
5:30—6:30 p.m.
- 2014 Program Dates**  
January 6 – February 19  
March 3 – April 16  
April 21 – June 2  
July 14 – August 20  
September 8 – October 15  
October 20 – December 3
- Only \$96 for 12 sessions
- Instructor: Carol Frazey, M.S.



Carol Frazey

Photo courtesy of Dominic Urbano - Fallen Leaf Imaging

### Program Involves:

- Developing Personal Goals
- Interval Training
- Form Work
- Drills/Calisthenics
- Core Work
- Fun!

### **This Program is for You**

\* All fitness levels are welcome!

### Carol's Qualifications

Co-author of <i>26.2 Life Lessons: Helping You Keep Pace with the Marathon of Life</i>	2005-Present
President of Fit School, Inc.	1999
State University of NY at Plattsburgh Assistant Cross Country Coach	1997
The University of Colorado, M.S. in Kinesiology	1995-1996
The University of Colorado Cross Country and Track Volunteer Coach	1987-1991
Penn State University Cross Country and Track Teams	