

FREE!

FITNESS UNIVERSITY

2011

Register online at RunFitnessU.com



Just for Kids Ages 3 to 14

Free Clinics start on Tuesday, May 31

Finals Day: Saturday, July 23, 2011, 9:00am-noon

About Fitness University

Fitness University is a FREE running fitness program for children 3-14. Developed in 1989 by the Nashua Gate City Striders, Fitness University is dedicated to promoting the importance of fitness, fun, and good health. From early June through July, the free running clinics are held in Nashua and surrounding towns – all leading up to Finals Day.

Finals Day

Join all the fun on Finals Day, Saturday, July 23, 2011, 9:00am-noon at Nashua High School South. Finals Day is packed with fun-filled events for all ages – games, stretching, running, visits from special guests, a health tent full of safety tips and healthy snacks, lots of goodies for all, and it's FREE.

Register in advance so we can have race bibs and t-shirts for everyone. Seating is limited – bring a lawn chair and enjoy the day!

2011 Fitness University Clinics and Finals Day Schedule

All clinics run from 6:00pm-7:30pm.

CLINIC #	DAY	DATE	LOCATION
1	Tuesday	May 31	Nashua High School South Nashua, NH
2	Tuesday	June 7	Souhegan High School Amherst, NH
3	Tuesday	June 14	Nashua High School South Nashua, NH
4	Tuesday	June 21	Merrimack High School Merrimack, NH
5	Tuesday	June 28	Nashua High School South Nashua, NH
6	Tuesday	July 5	Hollis-Brookline High School Hollis, NH
7	Tuesday	July 12	Nashua High School South Nashua, NH
8	Tuesday	July 19	Nashua High School South Nashua, NH
Finals Day	Saturday	July 23	Nashua High School South Nashua, NH

For further information, to register on-line (preferred method) or to print an application, go to RunFitnessU.com on the Web. To Contact us, email info@runfitnessu.com.

Note: Fitness University is hosted by the Gate City Striders and is not a school activity.

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