

# FREE!

# FITNESS UNIVERSITY

## 2009

Register online at [RunFitnessU.com](http://RunFitnessU.com)



**Just for Kids Ages 3 to 14**

**Starts on Tuesday, June 9**

**Finals Day: Saturday, August 1, 2009, 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 in August.

## Finals Day

Join all the fun on Finals Day, Saturday, August 1, 2009, 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!

# 2009 Fitness University Clinics and Finals Day Schedule

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

CLINIC #	DAY	DATE	LOCATION
1	Tuesday	June 9	Pennichuck Middle School Nashua, NH
2	Tuesday	June 16	Milford High School Milford, NH
3	Tuesday	June 23	Campbell High School Litchfield, NH
4	Tuesday	June 30	Fairground Middle School Nashua, NH
5	Tuesday	July 7	Alvirne High School Hudson, NH
6	Tuesday	July 14	Hollis Brookline High School Hollis, NH
7	Tuesday	July 21	Souhegan Cooperative High School Amherst, NH
8	Tuesday	July 28	Memorial Park, Ledge Street Nashua, NH
Finals Day	Saturday	August 1	Nashua High School South Nashua, NH

For further information, to register or to print an application, go to [RunFitnessU.com](http://RunFitnessU.com) on the Web. To contact us, email [info@runfitnessu.com](mailto:info@runfitnessu.com).

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