



## Press Release

*Dear media- For immediate release. For interviews or more information call Mary Jo Creevy at; 269-561-7331 ext.5100 or email [mcreevy@fennville.org](mailto:mcreevy@fennville.org) Thanks!*

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### **Fennville Community Athletic Center to offer 5K Training Program**

#### **COUCH-TO-5K CLASS OFFERED**

The Fennville Community Athletic Center is offering a class designed to transform you from a couch potato to a runner in just 7 weeks. The class begins April 14 and continues through June 5. The class meets on Mon. Tues. and Thursday evenings 6:15- 7 PM. The Fennville Community Athletic Center is located on the campus of the Fennville Public Schools, 515 North Maple. Fennville MI 49408.

Whether you are interested in running to lose weight, improve fitness, relieve stress, or to compete, you'll find this class beneficial. Each session is 30-45 minutes in length and meets three times a week which is the recommended amount of moderate exercise for optimum fitness.

One of the objectives of the class is to get the participants in condition to run the Fennville Fun, Five K Run/Walk scheduled for June 6th. The entry fee for the Fennville Fun, Five K Run/Walk will be waived for those completing the class.

The Cost is \$40 per person plus an additional \$5 for each family member. You can register for the class by visiting the Fennville Community Athletic Center and picking up a registration form or by calling 269-561-7331 ext. 5100.

Lace up the sneakers and join the fun - say goodbye couch, hello run!