

Run For Your **Health**, Run For Your Happiness

# Run For Your **Life!**

## Details

### Winter Cross-Training Program

All Family members are welcome. Work out with your kids.

The Brecksville Recreation Department in collaboration with the Run For Your Life program offers a Winter Cross-Training Program. This program is designed for speed training, strength training, plyometric training and conditioning. There will be three levels for this program: Advanced, Intermediate and Family. Bring your own water bottle, running shoes, jump rope and workout mat.

## Schedule

### January 7th – February 27th

Monday & Wednesdays

4:30pm-5:30pm Mixed Groups

### January 12th – March 2nd

Saturdays

9:00am-10:00am Intermediate/Advanced Group

10:00am-11:00am Family Group

## Location

All classes to be held at the **Blossom Hill Gymnasium**

Please contact for more information:

Brian Stucky - [Brstucky@aol.com](mailto:Brstucky@aol.com) 216-390-4950

Jim Kolesar - [jkolesar@brecksville.oh.us](mailto:jkolesar@brecksville.oh.us) 440-546-2008

**REGISTER ONLINE**

**[www.webtrac.brecksville.oh.us](http://www.webtrac.brecksville.oh.us)**

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TEXT: BRECKREC to 84483 for weather and program updates



Community Center  
1 Community Dr.  
Brecksville, OH 44141  
440-546-2300  
[www.brecksville.oh.us](http://www.brecksville.oh.us)

Blossom Hill Athletic Office  
4450 Oakes Road  
440-546-2010  
[jkolesar@brecksville.oh.us](mailto:jkolesar@brecksville.oh.us)

Registration: 9/1 until class is full

BCC member \$0

Resident \$0

Non-Resident \$0

Must furnish own jump rope, workout mat and water bottle