



## Redbird Running/Walking Group

### Tuesdays/Thursdays

12:15-12:45

- January 24th
- January 26th
- January 31st
- February 2nd
- February 7th
- February 9th
- February 14th
- February 16th
- February 21st
- February 23rd
- February 28th
- March 2nd
- March 7th
- March 9th
- March 14th
- March 16th
- March 21st
- March 23rd
- March 28th
- March 30th
- April 4th
- April 6th
- April 11th
- April 13th

### Join us for an upcoming running/walking group.

Join us for a 12 week running/walking program on Tuesdays and Thursdays. This is open to all levels of fitness and anyone in the community can participate. We will meet January 24th in the Redbird Smith Community room at 12:10pm to sign in and we will start the group at 12:15pm and end at 12:45pm. The running course for will be across the road from Redbird in the Richland estates neighborhood. We will have a couch to 5K program leader to follow for the beginners and we will have a lead runner for those interested in running 2-4miles. We will have incentives to hand out for different mile stones based on your attendance of the program. Everyone that finishes the 1st session will receive a WINGS program beanie! If you have any questions feel free to contact Lacey Wallace at 918-774-1400 ex: 1559 or email lacey-wallace@cherokee.org

