

PEAK RUNNING



RUNNING FASTER & INJURY FREE

604 474 1838 | WWW.PEAKSYNERGYFITNESS.COM

This is a sport specific class for runners. The class addresses functional strength critical for runners to avoid overuse injury and those looking to enhance their running skills.



WEDNESDAYS AT 10:00AM TO 11:00AM

Become stronger and redefine your potential! Class Structure will consist of Mobility, Stability/Core preparation & balance, Power and Patterning, Strength, and Flexibility