



I RUN TO FEEL FIT

Get in shape by running! Man, woman, young, adult, senior, beginners... everyone is welcome!

When and how?

The programs are organized into 12-weeks session: a spring session which starts mid or late March and a fall session which starts mid or late September. For winter and summer periods, a maintenance session "I keep my form" of 6 weeks is available to people who have already participated in 1 session. This allows participants to maintain their shape between seasons. The programs take place at the rate of 3 weekly sessions of which one is framed by a coach. He or she sends each week the content of the other two sessions to the participants.

How?

There are several levels that ensure continuity in the sessions: see details of levels.

Each session takes place on 1 h time basis with 3 phases:

- > a warm-up based on simple exercises;
- > the main part with alternations of rhythms evolving gradually;
- > a return to the calm with stretching and muscle strengthening on the end of the session.

What objectives?

Health and fun above all!

The only objective expressed on numbers is the distance covered by the participant at the end of the session. For example, at the end of the first level you can run 5 km without a break.

You are up to this challenge on the occasion of the last session, sharing moments where you get a degree.

This challenge concerns only the 12-week sessions.

What are the benefits?

- You start as a beginner/no need to be prepared
- The program begins at level 0 in accordance with the rhythm of each participant
- You enjoy a group dynamic
- We learn to warm up, stretch, eat...
- You are able to track your progress
- You benefit from the advice of a coach
- No competitive spirit...

SATISFIED OR REFUND

If after the 1st session, you are not convinced of the interest of the program for you, we promise to reimburse you. Feel free to sign up and come and try!

HOW TO SUSCRIBE

1. Go to the “participants” on the upper part of your screen, on your right hand side
2. Check “Les tarifs” – for the number of weeks (ex : 95CHF/ 12 weeks with some bonuses included!)
3. If you are convinced, then go to “LIEUX and INSCRIPTIONS ” (places and enrollment) and click on it
4. Choose for example “Geneva”
5. This leads you to a more detailed program : concrete sessions open for inscriptions and the places where they take place.
6. We speak English in Grand-Saconnex!

Enjoy!