

# Cayuga Coaching

## Saturday Running Lab

**March 30 & May 11**

Join Coach Shane Eversfield for an informative one-day running clinic! Focusing on strength, conditioning and fundamental running techniques.

**All levels welcome!**



Saturday  
March 30 or May 11  
9:00AM-2:00PM

Small Group Training  
Room and Outside  
Island Health & Fitness

MEMBER: \$89  
NON-MEMBER: \$99

For more information visit the Kaizen-durance website  
or email Shane Eversfield at [shane.eversfield@gmail.com](mailto:shane.eversfield@gmail.com)



**Cayuga**  
MEDICAL CENTER

A Member of Cayuga Health System

**CAYUGA**  
COACHING



**ISLAND**  
Health & Fitness

*in partnership with Cayuga Medical Center*