

SUMMIT LAKE RACERS

DRY LAND TRAINING

EVERY **WEDNESDAY** — 3:15 PM TO 4:30 PM
AND **SATURDAY** — 10:00 AM TO 11:30 AM

OCTOBER 12 TO NOVEMBER 23, 2011

NES GYM

REGISTER ON **OCTOBER 12** AT THE NES GYM
OR PICK UP A REGISTRATION FORM FROM **BRENDA** AT NES

The dry land training program is a fun event for anyone interested in improving their fitness level

(a \$30 fee applies if not registered with the Summit Lake Racers)

EVERYONE WELCOME!

Contact Barb (265 3076) Frances (265 4818) Brenda (265 4327) for more info