



ChiRunning allows you to enjoy the rewards of injury-free running for the rest of your life by greatly reducing the pounding, pain, and injuries often associated with running. This technique will strengthen core muscles, build great posture, loosen joints and relax limbs, increase mental focus and clarity, develop good breathing technique, give you more energy, and make running more fun!

Whether you are an experienced runner or brand new to the sport, the ChiRunning classes will be appropriate for you. ChiRunning empowers beginning runners with a sense of their strength and potential. ChiRunning increases performance and reduces race times for experienced runners.

One-Day Workshops, Classes and Personal Training 4-Session Packages cover the basic ChiRunning skills as follows:

- Intro. to ChiRunning, Posture, Alignment
- Lean, Heel lift, Arm swing
- Cadence, Gears, Stride length
- Loosening exercises, Heel lift exercises
- Hills, Video taping, Analyze your video

Important Notes for ChiRunning workshops and classes:

- Advance registration is required.
- Maximum 15 participants.

ChiRunning One-Day Workshops*

Co-sponsored by New Balance®, Glenwood Ave, Raleigh

May 17 (Saturday)

9:00 am – 4:00 pm (includes 1 hr lunch break)

ClubWorx Fitness Center

100 Fitness Dr, Fuquay-Varina, NC 27526

Cost: \$195.00

Register Online at: www.chirunning.com

*Schedule your own Workshop:

Your group of 5-15 people can schedule a ChiRunning workshop at a location near you. Get a 15% discount for organizing the group. Contact Pat for details. Raleigh, Charlotte or Atlanta areas.

*Business Owners:

Offer a ChiRunning Workshop to your employees at special company rates. Contact Pat for details. Raleigh, Cary and surrounding areas.

ChiRunning 4-Week Clinics

Co-sponsored by New Balance®, Glenwood Ave, Raleigh

May 29, June 5, 12, 26 (Thursdays)

6:30pm-7:30pm

ClubWorx Fitness Center

100 Fitness Drive, Fuquay-Varina, NC 27526

Cost: \$125.00.

Register Online at: www.chirunning.com

Aug 7, 14, 21, 28 (Thursdays)

6:30pm-7:30pm

ClubWorx Fitness Center

100 Fitness Drive, Fuquay-Varina, NC 27526

Cost: \$125.00.

Register Online at: www.chirunning.com



Pat's Personal Training

Pat Reichenbach

ChiRunning & ChiWalking Certified Instructor
Bachelor of Science, Physical Education
ACE Certified Personal Trainer
IFTA Certified Senior Fitness Specialist

Get Started Today!

(919) 753-5734

Pat@PatsPersonalTraining.com

www.PatsPersonalTraining.com

ChiRunning Personal Training

Rates

1 hr Session: \$65.00

4 Session Package: \$200.00

- 4 sessions are needed to cover the basic skills of ChiRunning.
- New clients must schedule at least 2 hrs (\$130.00).
- Location: Fuquay-Varina, NC or add travel time cost.
- Contact Pat to schedule Personal Training.
- Please make checks payable to Pat Reichenbach.