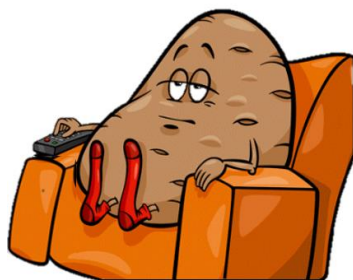


Join new beginning running chug "רצים עם יונתן" via Zoom : Training – Realtime/Online!

Don't let Corona turn you into a Couch Potato!



Participants will be running physically apart but virtually together!

Join new beginning running chug "רצים עם יונתן" via Zoom : Training – Realtime/Online!

- Decrease/Maintain Weight
- Strengthen Immune System
- Reduce Stress
- Feel Energized
- Get in Shape

1. First Meeting: Sunday-May 24th or Monday-May 25th

2. All you need is:

- Smart Phone with Zoom application
- Earphone (optional but recommended)
- Most Important: Motivation!

3. Special Promotion:

- Half Price!
- Family discounts!!
- First Week Free!!!

4. Flexible Training Times: Choose to train 2 or 3 times during a week:

- Sun/Tue/Thur
- Mon/Wed/Fri
- The last day of training each week (Thursday or Friday) will include strength, technique and flexibility training in addition to running. High Recommended.
- For Men, Women, Boys and Girls (age 10 and older)

5. Choose from convenient training hours: 6-9 one hour training slots offered daily!!
 - Sunday -Thursday: 6:30 AM to 6:00 PM
 - Friday: 6:30 – 15:00

Assumes no running experience (starting from "0")

We will be following a gradual run-walk interval program that I developed in 2006 and trained/shared with hundreds of beginning runners in Yad Binyamin, all Nachal Soreq plus thousands around the world (through my website: www.runningwithjon.com).

See testimonials of past participants (8 years):

English: <http://www.runningwithjon.com/testimonials>

Hebrew (עברית): <http://www.runningwithjon.com/iw/testimonials>

Among the major benefits, goals of the chug are to learn how to run properly and to be able to run 5K without walking breaks! The Chug completes the end of September right before Sukkot. All will be ready to participate in the Nachal Soreq 5K Race planned for Chol HaMoed Sukkot (for those who want – at Moshav Bnei Reem)!

Note: "Live" men/boys and girls/women option is also planned to be offered next week in the evenings in Yad Binyamin – though numbers are limited currently to 19 participants each due to Ministry of Health directives. See additional posting regarding details:

Yad Binaymin Spring 2020 Running Chuggim: <http://www.runningwithjon.com/>

To register for Zoom Running Chuggim and for additional details, call, email or WhatAp me. You can also Register at the following link:

<http://www.runningwithjon.com/wp-content/uploads/2020/05/הרשמה-ומחירים-לחוגי-2020/05/מתחילים-רצים-עם-יונתן-בזום-1.pdf>

See Flier:

<http://www.runningwithjon.com/wp-content/uploads/2020/05/חוגי-ריצה-בזום-רצים-עם-2020-פליאר-יונתן-אביב-2020-פליאר.jpg>

Register Today!!

Have a great day! Stay Safe and Healthy!!

Jon Kowal

Certified Running Coach,

Wingate Institute

054-3261860