



## *Spring Running Program*

Starting **Saturday, March 12** at 7:30am at Marathon Norton clinic

Get in great shape, train for a 5K, or a 1/2 marathon.  
This 8 week program is great for first timers and seasoned veterans.

Not only will you have a lot of fun, but you will get a ton of great stuff too!

- 8 weeks of training to keep you motivated and improve your fitness
- Training plans for all levels (from beginner to advanced)
- Weekly group runs starting and ending at Marathon locations
- Complimentary injury screens to keep you healthy

Members also receive these great savings of more than \$130!



- 1/2 off your first massage
- \$15 off additional massages
- \$15 off Personal Training
- \$15 off Video Gait Analysis
- \$20 off Lactate Threshold Testing
- \$20 off Functional Movement Screens

\*may not be combined with other offers

\$75 for current or past Marathon members/patients

\$95 for new members

To register or for more information call Marathon-Norton at 508-285-5533

Look for run updates on the Marathon Facebook® page  
and follow the program on Twitter®.  
[www.MarathonPhysicalTherapy.com](http://www.MarathonPhysicalTherapy.com)