TRAINING

BOXING DEMO
With Trainer John

Learn and improve your running style with a complimentary running assessment with Certified Personal Trainer (NASM) and Student Physical Therapist, John Blake.

Regardless of your running experience, John will provide specialized knowledge and expertise to analyze your biomechanics, as well as to help you run more efficiently without injury. You'll learn to improve your running form with our personalized video analysis and review session that includes personalized corrective exercises and specific drills to make you a better runner. Get your running assessed before you start training!

SIGN UP TODAY FOR A COMPLIMENTARY DEMONSTRATION!

SUNDAY, DECEMBER 16
10AM - 12PM

**Assessments are 20 minutes appointments. Space is limited and is a first come, first serve basis.*

To sign up, please email John at jblake@onelifefitness.com.

For any questions about Personal Training, please email Capitol Hill Fitness Director Benjamin Fidler at bfidler@onelifefitness.com.

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