

GO THE DISTANCE

A Running Program for MEN!

With Dr Tan Swee Kheng

Fifth Ray Integrated Activities presents, **Go the Distance** – A running program for MEN! Due to numerous requests, Dr Tan has designed a running program just for men to achieve their running goals and ambitions. Proper running technique and form will be emphasized to take you further and faster along your race course.

Dr Tan Swee Kheng, Kinesiologist and Movement Specialist, is an advocate for participation in sports. She firmly believes that anyone can achieve their sporting potentials if given the proper training guidance and the opportunity to make it possible.

Go the Distance an on-going running program and offers three program structures to cater to the busy lifestyles and needs of working professionals.

Program Structure & Package:

- 1 session per month (designated Thursdays+ Only)
 - \$35 per session
- 1 session per week (every Tuesdays+ or Thursdays+)
 - \$120 for 4 consecutive weeks
- 2 sessions per week (Tuesdays+ & Thursdays+)
 - \$200 for 4 consecutive weeks
 - \$540 for 12 consecutive weeks

Venue: Botanic Gardens & running track next to Evans road (Bt Timah)

Time: 7pm to 830pm

+No training sessions will be conducted during public holidays or when the days coincide with major running events.

Membership fee: \$30 applicable for Annual Subscription
Includes insurance and discounts on running products

To sign-up, please email info@fifthray.com

By

Fifth Ray
Integrated Activities