

Aeroflex Introduces...

Personal Trainer and Running Expert, **Kevin Masters**



Kevin Masters *BKin, NCCP Coaching Level 1 Triathlon, Level 1, 2 Cycling*

Kevin has completed eight Ironmans, including two Hawaii Ironman Championships.

Kevin also competes in the individual disciplines, including marathons and category 2 bike racing.

Although most of Kevin's participants are not elite athletes, he considers them just the same as they are working towards their own unique goals. Kevin's focus is geared toward the research and development into the area of "Running Stronger".

There are 3 key components to improving your running performance.

1 - Visualize Strong Form

2 - Improve 'Run-Specific' Neuromuscular Patterns

3 - Improve 'Run-Specific' Strength

Over the months of January to March, Kevin Masters will be instructing One, 2-hour session per month that will cover these 3 components in an integrated manner.

While the instruction will move in a progressive direction towards spring, each session will begin with a thorough review and feedback component so participants of all levels will improve benefit from every class.

Clinic 1: Sunday,
February 5th - 9am - 11am

Clinic 2: Sunday,
March 4th - 9am - 11am

Clinic 3: Sunday,
April 1st - 9am - 11am

Cost: Single 2-hour Class - \$45.00
Register for all 3 - \$120.00