

**Sinister 7 Training Run**  
**Post-Run Roll &**  
**Stretch**

spry



hard goods, fitness, yoga

13101-20 Avenue, Blairmore, Alberta

403-753-5024

[www.spryactive.ca](http://www.spryactive.ca)



**Saturday, June 4, 2016**

**4 PM – 5 PM**

**\$10 Drop-in Fee**

Join avid runner, Kinesiologist and Yoga Teacher, Susan Lowe-Wylde, for an hour of guided rolling & stretching after the Sinister 7 training run. Bring a yoga mat if you have one. We have loaner mats & rollers for you to borrow