



# The 2019 Run the Bronx is just a few weeks away!

This Training Series is designed support your training plan and help you gauge your fitness to determine if you're on track to hit your goal or need to tweak your training (or your expectations).

Training will be Facilitated by **Luis Cortorreal** and **Deivid Valdez**.  
Meet us at the **Alumni Gym** on the dates and times listed below.

	MON	TUE	THU	
April	<b>15</b> 8-9 a.m. 12-1 p.m.	<b>16</b> 8-9 a.m. 12-1 p.m.	<b>18</b> 8-9 a.m. 12-1 p.m.	
	<b>22</b> 8-9 a.m. 12-1 p.m.	<b>23</b> 8-9 a.m. 12-1 p.m.	<b>25</b> 8-9 a.m. 12-1 p.m.	
	<b>29</b> 8-9 a.m. 12-1 p.m.	<b>30</b> 8-9 a.m. 12-1 p.m.		
May			<b>2</b> 8-9 a.m. 12-1 p.m.	

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[WWW.BCC.CUNY.EDU/RUNTHEBRONX](http://WWW.BCC.CUNY.EDU/RUNTHEBRONX)