



# SMASH YOUR FITNESS GOALS WITH WHOLE HEALTH FUNCTIONAL FITNESS!

Are you interested in running a 5k, but don't want to do it alone? Have you heard about functional fitness, but unsure how to start? Come join our groups to start your journey!

## In Person at Marion VA Medical Center (outside)

- Base building/cardio focus (**couch to 5k**)
  - Session 1 March 13-May 3
  - Session 2 Oct 2-Nov 22
- Strength/HIIT phase (**Fit4Life**)
  - Session 1 May 8-June 28
  - Session 2 Aug 7-Sept 27

## To join one of our groups:

Call us at 618-993-4147

Email us at [WholeHealthMarion@va.gov](mailto:WholeHealthMarion@va.gov)

Learn more at [wellvets.com/marion](http://wellvets.com/marion)

**COUCH TO 5K**  
WEDNESDAY,  
THURSDAY, FRIDAY  
1030-1130

Session 1

March 13-May 3

Session 2

Oct 2-Nov 22

**FIT4LIFE**  
WEDNESDAY,  
THURSDAY, FRIDAY  
1030-1130

Session 1

May 8-June 28

Session 2

Aug 7-Sept 27