



2022 First Strides Lehigh Parkway Allentown Tuesday Schedule SPRING SESSION (begins March 22, 2022)

<p>WEEK 1 - March 22</p> <ul style="list-style-type: none"> • Why Women Run and Walk • Training Principles 	<p>START TIME: 6:15 PM</p> <p>Michelle Sames, Program Leader</p>
<p>WEEK 2 - March 29</p> <ul style="list-style-type: none"> • Footwear • Form & Breathing 	<p>START TIME 6:15 PM</p> <p>Jon Notary Ardvaark</p> <p>Michelle Sames, Program Leader</p>
<p>WEEK 3 - April 5</p> <ul style="list-style-type: none"> • Bra Fitting 	<p>START TIME: 6:15 PM</p> <p>Sue Henry Ardvaak</p>
<p>WEEK 4 - April 12</p> <ul style="list-style-type: none"> • Heart Health for Women 	<p>START TIME: 6:15 PM</p> <p>LVHN Cardiologist TBD (LVHN Courtney Penrose, Community Affairs)</p>
<p>WEEK 5 - April 19</p> <ul style="list-style-type: none"> • Injury Prevention • Timed Mile 	<p>START TIME: 6:15 PM</p> <p>Edward Schwartz MD LVHN</p>
<p>WEEK 6 - April 26</p> <ul style="list-style-type: none"> • Core Conditioning 	<p>START TIME: 6:15 PM</p> <p>Brielle Weida Exercise Physiologist LVHN (Courtney Penrose, Community Affairs)</p>
<p>WEEK 7 - May 3</p> <ul style="list-style-type: none"> • Sports Nutrition & Weight Management 	<p>START TIME: 6:15 PM</p> <p>Leslie Billowitch, Registered Dietitian (LVHN Courtney Penrose, Community Affairs)</p>
<p>WEEK 8 - May 10</p> <ul style="list-style-type: none"> • Clothing & Safety Equipment 	<p>START TIME: 6:15 PM</p> <p>Chris Schmidt Keystone Running Store</p>
<p>WEEK 9 - May 17</p> <ul style="list-style-type: none"> • 5K Preparation • Timed Mile 	<p>START TIME: 6:15 PM</p> <p>Michelle Sames</p>
<p>WEEK 10 - May 24</p> <ul style="list-style-type: none"> • Yoga for Runners • Graduation Celebration (post-workout) 	<p>START TIME: 6:15 PM</p> <p>Alissa Xander, Registered Yoga Instructor Personal Trainer Ayurvedic Health Coach</p>
<ul style="list-style-type: none"> • GOAL EVENT: Summer Series 5K • RACE PREVIEW DAYS: Thursday, May 26th • BONUS NIGHTS: 6PM Sundays at Trexler Park, Allentown 	