



**The Transformation Center**  
**1088 Rogers Road**  
**Cordova, TN 38018**  
[www.transformationmemphis.com](http://www.transformationmemphis.com)

# **Girls Running Club**



**The Transformation Center & Associates**

## Attention girls age 8-18.



Come join our girls running club led by Amy Williams, certified personal trainer and avid 5K runner with The Transformation Center in Cordova.

The Girls Running Club is targeted more towards girls that want to start getting into a fitness program for health and fun and not for competitive purposes. In the Girls Running Club girls will learn to relax and enjoy running for a healthy mind and body. We will talk about nutrition, stretch, run and do strength training. This could change your daughters life in a positive way for the rest of her life.

The running club program is for 90 minutes once a week.. We will spend time warming up and stretching before our runs, and hydrating and having snack after the run. We will also incorporate strength training during our time and set personal goals and plans you can use during the rest of the week to get in even better shape.

Bring your healthy snack and water to stay hydrated before and after your run.

In the girls running club we will start at a slow pace and work our way to a moderate pace to concentrate on building endurance. We will definitely set a goal for running in a future race to be determined through progress of the group.

Parents, start your daughters on the path of a healthy way of life through exercise and proper eating.

We will offer 3 groups each week based on age. Group One will be 3rd-5th grade, Group Two will be 6th- 8th grade and Group Three will be 9th-12th grade.

## Meet Amy Williams



I am Amy Williams and I'm an experienced 5K runner with a special interest in kids fitness. I have two daughters in Germantown schools in the 3rd and 9th grades. I am also a certified personal trainer through

The National Academy of Sports Medicine and I work at the Transformation Center in Cordova as a personal trainer and advanced Chiropractic Rehabilitation specialist. I also work with girls and women in the Transformation Center Intensive Outpatient Eating Disorder Program.

We see the benefits of girls being in good physical condition every day as well as negative consequences when that is not the case.

What better way to help our girls learn healthy habits and a strong self-image than getting involved in a running club?

The club will meet at your school or at The Transformation Center, depending on your school's location.

Safety is a top priority both in terms of the environment and proper training methods.

## Student Information

Name Of Student \_\_\_\_\_

Home Phone: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

Length of Session 1 and ½ hours  
Cost: \$75 per month + T-shirt

Until school lets out for summer the girls will meet right after school at a location that will be convenient to drive to from the school. For students that are located near the Transformation Center in Cordova there is an area where the girls can run that is located across the street from the Transformation center. We will start the program within 30 minutes after school. After school lets out this summer the schedule will change to either early morning or late afternoon when it is cooler outside to run.

Days and locations for each age group will be determined for each school.

Contact Amy Williams at 591-7800  
Or willamyay@yahoo.com