



**Recourses available
at Vitality
to get
ready for
10km & Half Marathon**

2024

**Pasadora Place
Grand Cayman**









345 746 2222 📞

info@vitality.ky ✉️

www.vitality.ky 🌐









2024 September



SUN	MON	TUE	WED	THU	FRI	SAT
1						
1	2 STRETCH CLASS @ VITALITY OFFICE 12.30PM	3 SPEED RUN ACCOUNTABILITY GROUP MEET UP AT GOLF COURSE	4 RUN STRENGTH CLASS @ VITALITY OFFICE 	5 RUN ON YOUR OWN 30MIN 	6	7 ENDURANCE RUN MORNING ACCOUNTABILITY GROUP FROM GOLF COURSE
8	9 STRETCH CLASS @ VITALITY OFFICE 12.30PM	10 SPEED RUN ACCOUNTABILITY GROUP MEET UP AT GOLF COURSE	11 RUN STRENGTH CLASS @ VITALITY OFFICE 	12 RUN ON YOUR OWN 40MIN 	13	14 ENDURANCE RUN MORNING ACCOUNTABILITY GROUP FROM GOLF COURSE
15	16 STRETCH CLASS @ VITALITY OFFICE 12.30PM	17 SPEED RUN ACCOUNTABILITY GROUP MEET UP AT GOLF COURSE	18 RUN STRENGTH CLASS @ VITALITY OFFICE 	19 RUN ON YOUR OWN 45MIN 	20	21 ENDURANCE RUN MORNING ACCOUNTABILITY GROUP FROM GOLF COURSE
22	23 STRETCH CLASS @ VITALITY OFFICE 12.30PM	24 EASY RUN ACCOUNTABILITY GROUP MEET UP AT GOLF COURSE	25 RUN STRENGTH CLASS @ VITALITY OFFICE 	28 RUN ON YOUR OWN 50MIN 		

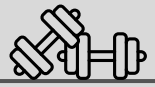







2024 October




SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 ENDURANCE RUN MORNING ACCOUNTABILITY GROUP FROM GOLF COURSE
6	7 STRETCH CLASS @ VITALITY OFFICE 12.30PM	8 SPEED RUN ACCOUNTABILITY GROUP MEET UP AT GOLF COURSE	9 RUN STRENGTH CLASS @ VITALITY OFFICE 	10 RUN ON YOUR OWN 60MIN 	11	12 ENDURANCE RUN MORNING ACCOUNTABILITY GROUP FROM GOLF COURSE
13	14 STRETCH CLASS @ VITALITY OFFICE 12.30PM	15 SPEED RUN ACCOUNTABILITY GROUP MEET UP AT GOLF COURSE	16 RUN STRENGTH CLASS @ VITALITY OFFICE 	17 RUN ON YOUR OWN 50MIN 	18	19 ENDURANCE RUN MORNING ACCOUNTABILITY GROUP FROM GOLF COURSE
20	21 STRETCH CLASS @ VITALITY OFFICE 12.30PM	22 SPEED RUN ACCOUNTABILITY GROUP MEET UP AT GOLF COURSE	23 RUN STRENGTH CLASS @ VITALITY OFFICE 	24 RUN ON YOUR OWN 40MIN 	25	26 ENDURANCE RUN MORNING ACCOUNTABILITY GROUP FROM GOLF COURSE
27	28 STRETCH CLASS @ VITALITY OFFICE 12.30PM	29 EASY RUN ACCOUNTABILITY GROUP MEET UP AT GOLF COURSE	30 RUN STRENGTH CLASS @ VITALITY OFFICE 	31 RUN ON YOUR OWN 30MIN 		

2024 November



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 ENDURANCE RUN MORNING ACCOUNTABILITY GROUP FROM GOLF COURSE
3	4 STRETCH CLASS @ VITALITY OFFICE 12.30PM	5 SPEED RUN ACCOUNTABILITY GROUP MEET UP AT GOLF COURSE	6 RUN STRENGTH CLASS @ VITALITY OFFICE 	7 RUN ON YOUR OWN 60MIN 	8	9 ENDURANCE RUN MORNING ACCOUNTABILITY GROUP FROM GOLF COURSE
10	11 STRETCH CLASS @ VITALITY OFFICE 12.30PM	12 SPEED RUN ACCOUNTABILITY GROUP MEET UP AT GOLF COURSE	13 RUN STRENGTH CLASS @ VITALITY OFFICE 	14 RUN ON YOUR OWN 50MIN 	15	16 ENDURANCE RUN MORNING ACCOUNTABILITY GROUP FROM GOLF COURSE
17	18 STRETCH CLASS @ VITALITY OFFICE 12.30PM	19 SPEED RUN ACCOUNTABILITY GROUP MEET UP AT GOLF COURSE	20 RUN STRENGTH CLASS @ VITALITY OFFICE 	21 RUN ON YOUR OWN 40MIN 	22	23 ENDURANCE RUN MORNING ACCOUNTABILITY GROUP FROM GOLF COURSE
24	25 STRETCH CLASS @ VITALITY OFFICE 12.30PM	26 EASY RUN ACCOUNTABILITY GROUP MEET UP AT GOLF COURSE	27 RUN STRENGTH CLASS @ VITALITY OFFICE 	28 RUN ON YOUR OWN 30MIN 	29	30 REST

2024 December

SUN	MON	TUE	WED	THU	FRI	SAT
1 CAYMAN MARATHON RACE!!!! 	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

