

5K Training Classes



Please join us as we prepare for our first 5K Run at AME. Joe Fucci, a personal trainer, will be going over exercise warm ups, stretches, and proper training for a 5K run.

DATES:

Saturday, October 4, 11, & 18

10:00am - 12:00pm



Training will be at AME Headquarters
30 Orville Drive, Suite A
Bohemia, New York, 11716