



Couch to 5K

A program to help you set new goals and get results!

8-week program begins Monday, April 15th.

Meet at the Jule Collins Smith Museum to prepare you for the Auburn 5K Summer and Opelika 5K Summer Swing Series.



Join us Monday, Wednesday, Friday
5:45 PM Start Time

Bring water and a positive attitude!

All Levels Welcome!

Click the QR Code to get the app!



For Android Users



For iOS Users



Presented by

