



2025 GROUP TRAINING SCHEDULE

Reminder: It's highly recommended to check the RidgeRunners Facebook group before leaving for group runs. Any last minute changes or cancellations will be posted there.

www.facebook.com/groups/NRCRidgeRunners

HOST	DATES	DAY	TIME	CITY	LOCATION	NOTES
Love Runs Group Run	June 17 – October 14	Tuesdays	6:16p	Northville	Waterford Bend Recreation Area, 6 Mile Station Dr.	Start time adjusts to 6:00p starting Sept 2.
Running Lab Group Run	June 17 – October 14	Tuesdays	6:00p	Brighton	Running Lab, 409 W. Main St.	For any questions or cancellations, please contact Running Lab directly.
Faith & Fitness Strength & Core	June 18 – August 27	Wednesdays	7:00p	Plymouth	NorthRidge Church, 49555 N Territorial Rd (Back Lawn)	For Women Participants Only
Faith & Fitness Strength & Core	September 10 – October 15	Wednesdays	7:00p	Plymouth	NorthRidge Church, 49555 N Territorial Rd (Underground)	For Women Participants Only
Love Runs Group Run	June 21 – October 11	Saturdays	7:00a announcements, 7:16a call paces	Northville	Waterford Bend Recreation Area, 6 Mile Station Dr.	