



## Eden Roc Run Club

**Join us Wednesdays at 7:00am and Saturdays at 8:00am**

Start your day feeling invigorated with a run! Embrace the scenic landscape Miami Beach has to offer with the Eden Roc Run Club hosted by Coach Sheila! This 3-mile run begins with a brief introduction to help all guests connect, a warm-up, the run, and a cool-down.

### **About the Run Club**

Our run club is designed to promote a healthy lifestyle and motivate each other as a community to reach common wellness goals. After each session, guests are welcome to network with other locals and tour the property.

To learn more about all our class offerings, ask us about 4525 Membership  
**at 305.674.5540 or email [spa@nobuedenroc.com](mailto:spa@nobuedenroc.com).**

*Please meet at the Main Eden Roc Pool 10 minutes prior to the class time.*