

## Want to get back exercising in a social group setting?

- Circuit Style training sessions focusing on Functional Fitness
- Strength, Aerobic Fitness, Flexibility, Mobility & much more
- €10 for 5 weeks- Chose lower or higher intensity sessions
- Starting Thursday 20th January until 17th February

### MEN ON THE MOVE



Thursdays  
(starting 20th Jan)



7.30pm



Online (Zoom)

**REGISTER  
NOW!**

[https://limericksports.ie/  
men-on-the-move/](https://limericksports.ie/men-on-the-move/)

### ADAPTED MEN ON THE MOVE (LOWER INTENSITY)



Thursdays  
(starting 20th Jan)



11am



Online (Zoom)

**REGISTER  
NOW!**

[https://limericksports.ie/  
adapted-men-on-the-move/](https://limericksports.ie/adapted-men-on-the-move/)



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*"The online classes suited me.  
No travelling.. 45 minutes  
and job done"*

*"Havin' the banter with the lads  
and getting fitter at the same time-  
its win win"*

For more information e-mail [mfitzgerald@limericksports.ie](mailto:mfitzgerald@limericksports.ie) or call the LSP office on [061333600](tel:061333600)