

Teenage Girls

LEARN TO LOVE FITNESS

During this 6 week programme participants will learn :

- Different types of training and the purpose of each
- How to lift weights safely and effectively
- Basics of flexibility, mobility and injury prevention, including warming up and cooling down
- How to design your own basic fitness programme, tailored towards your own needs and goals

When	Where	Time	Cost
Tues 18th Jan - 22nd Feb	Athlunkard Boat Club (Intermediate Group)	4.00-5.00pm	€10
Thurs 20th Jan - 24th Feb	Athlunkard Boat Club (Beginners Group)	4.00-5.00pm	€10

**Are you age 15+? Always
wanted to join a gym?**

**Now is your chance to
learn how to train in the
gym in a small group
setting!**

For more information please contact Eadaoin at
eloughman@limericksports.ie or call
061 333600



**Register now :
www.limericksports.ie**

