

Women On The Move

COMMIT TO GETTING ACTIVE THIS JANUARY

- 2 x 45minute session each week for 4 weeks
- Classes will include strength, cardiovascular , flexibility and core exercises
- This course is aimed at beginners and designed to:
 - Introduce you to a range of exercises that you can do using very little or no equipment at home
 - Improve your confidence and motivation to be active
 - Increase your fitness and knowledge of how to be active



**Every Monday and
Wednesday beginning
Monday 17th** **7:15–8.00pm** **€10** **Online Zoom**

FREE Dyna Bands included!



Each participant registered will receive a dyna band in the post and will be shown how to use this and incorporate it into the sessions



'I moved every bit of my body, kept to my own pace at times, but loved it!! Wonderful tutor and gave me a great feel good factor.'

'I had lost my fitness level and put on weight. I found the classes a safe space to dip my toes into exercise. I thought I wouldn't be able to do any of the classes. I'm delighted to have completed the course and now I feel confident to go to a class again. It gave me the kick-start I badly needed.'