

## 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 6 weeks
- Starting Tuesday 22nd February to 29th March 2022

## ADAPTED MEN ON THE MOVE (LOWER INTENSITY)



Tuesdays (starting 22nd February)



11am



The Factory Youth Space,  
Galvone Rd, Limerick

**REGISTER  
NOW!**

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



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

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