

Buggy Buddies

4 WEEK PROGRAMME FOR MOTHERS

- 1 hour exercise session, once a week, with resistance, core & cardio exercises
- We ensure a fun, social environment, where you can meet other mothers
- All abilities are welcome, with suitable adaptations & progressions given
- Choose from 2 locations- Lough Gur or Mungret Park.
- Once signed up you can complete both locations if you like!
- Cost is €10 for 4 week programme!



Location 1:
Mungret Park



Begins Tues 26th April
10-11am



Location 2:
Lough Gur



Begins Thurs 28th April
10-11am



For more info, please contact Eadaoin at
eloughman@limericksports.ie or call 061-333600

REGISTER NOW >



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