

# Mum on the Move

***Are you a busy Mum looking to get back into exercise?  
This 6 Week Physical Activity Programme is for you!***

**Drop your child to school and come on and do some exercise**

**45 mins to 1 hour session consisting of:**

**Walking/Jogging, HIIT, Muscle Strengthening Exercises, Core Activities & more.**



## Location 1:

**Croom Family Resource Centre**



**Begins Friday May 13th**



**9.15 am**

**For info contact Caroline - 085 2568579**



## Location 2:

**Gaelscoil Chalagh An Treoigh**



**Begins Wednesday 11th May**



**8:30 am**

**For info contact [eloughman@limericksports.ie](mailto:eloughman@limericksports.ie)**



*"Lovely to meet other parents around the local area, while also being able to partake in physical activity"*

*"Had a great time and it got us moving"*

[http://](http://limericksports.ie/event/mum-on-the-move/2022-05-13/)

[limericksports.ie/event/mum-on-the-move/2022-05-13/](http://limericksports.ie/event/mum-on-the-move/2022-05-13/)