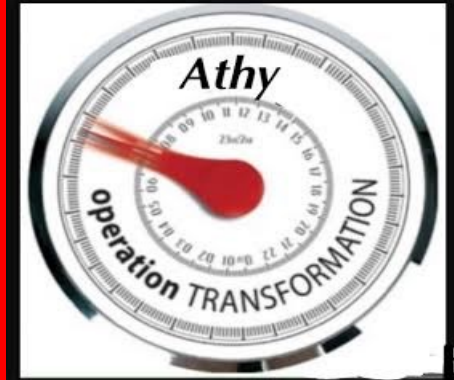


'Operation Transformation'

6 Week Fitness Programme Starting Wednesday 13th January 2016

Coming Soon



Do YOU want to improve your lifestyle??

What is involved??

4 classes a week

(optional how many you wish to attend)

Monday Mornings/ Swiss Ball

9.30-10.30 am

Scoil Mhichíl Naofa

Tone up/ Lose weight

Wednesday Morning/ Kick Boxing

9.30-10.30 am

Scoil Phádraig Naofa



Thursday Morning/ Begin to Run

Scoil Phádraig Naofa

9.30am-10.30am



Friday Morning/ Gym Class

9.30-10.30am

Athy College Gym

Cost €2 per class

Fri 15th & Fri 22nd class will include:

weigh in, body measurement, healthy eating plan,
take home workouts.



Contact:

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Athy College
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Scoil Mhichíl Naofa
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Anne Foy
Scoil Phádraig Naofa
0877473114