



# St. John's G.A.C.

## Fit 4 Life

Winter fitness programme begins on:-

**Thursday 7<sup>th</sup> January 2016**

(All abilities catered for so now is the time to get out and get fit!)

**Tuesdays** 7.30pm-8.30pm Pilates £4 (Starts Tuesday 12th January)

**Thursdays** 7.15pm-8.15pm £3 per session or £55 for 22 sessions

and

**Sundays** 10.00am-11am

Fitness Trainer: - **Miss Laura McCann**

Fun filled activities which help tone the body.

Come along to Corrigan Park on any of the 3 days to join.

