

Preparing for Camino Walk

Why not park at St. John's GAC Corrigan Park and walk from there on one of the listed walks. On your return why not have a coffee in The Chatterbox Coffee Room in the club?

1. Come out the gate; turn right and walk up to the top of the Whiterock Road

Turn left and walk towards The Monagh Bypass

Follow this road down to The Glen Road and stay on your left walking down to Falls Road

Continue along past St. Kevin's P.S. and turn left up the Whiterock and back to club

2. Come out of gate and turn right and walk to the top of the Whiterock Rd.

Cross over at the lights and walk straight on up through Dermot Hill and back to the club.

3. At gate turn left and walk down the Whiterock Road

Continue down Falls Road to The Royal Hospital and turn left up The Springfield Road

Follow the road to the top of The Whiterock Road. Turn down and walk to the club

St. John's G.A.C. aim to reach out to their community and through the range of activities, on offer are working towards providing positive well-being opportunities.

The Fit4Life Programme has been very successful thanks to the enthusiasm and commitment of the tutor Laura McCann (St. Dominic's P.E. Dept.,) and those who met the challenges of the programmes which Laura created.

Young and not-so-young work out together in a safe, structured, caring and encouraging environment.

Thursdays	7.15pm- 8.15pm
Sundays	10.00am-11.00am

Pilates

This too has been hugely successful programme since we began in September 2014. Tutor Mrs Lisa Maxwell conducts the class with care and understanding. Pilates is a complete exercise method suitable to all ages.

Tuesdays 7.30pm- 8.30pm @ £4

Why not come along and try either of the two classes. Just arrive on the day and you will be welcomed.

Annual Charity Walk St. Stephen's Day every year. Nominated Charity will be agreed by the committee.



St. John's G.A.C

Rambling Retirees Walking Club

Walking Programme 2016

Why now come out and join us?

