

Ever thought about working off that turkey on St.  
Stephen's Day?  
Now's your chance!

## New **Fit 4 Life** Programme

It's time to dig out those runners and don a pair of shorts as a new Fit 4 Life programme gets underway on Saturday September 18<sup>th</sup>.

The focus is on recreational joggers and walkers as opposed to competitive activities.

The aim of the programme is to give absolute beginners a chance to meet new people, exercise and get fit in a safe and welcoming environment. The course is open to all over the age of 16, who would like a chance to get fit and maybe even run in the now famous 'Fields of Athenry' 10km run on St. Stephen's Day.

### **When:**

Starting **Saturday 18<sup>th</sup> September 2010 @ 9:45am**

### **Training Times:**

Saturday mornings: 10am

Thursday evenings: 7pm

### **Where:**

Athenry Church Car Park

### **Cost:**

€20 (includes: Fit4Life course, a reflective vest, training diary, water bottle, membership of Athenry AC, insurance cover while training with the group, FUN!)

### **Contact:**

Deirdre Quinn      086 8821976  
Maevé Noone        087 7648343  
Michelle Tooher    086 6061517



fit4life@athenryac.com  
www.athenryac.com/fit4life

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