



● Avoid traffic ● Avoid hefty annual membership fees ●
Avail of value for your money ● Slim, Trim & have fun with:

Women's Circuit & Tone Training

(Proven means of reducing body fat and increasing fitness levels)

9 Week Course commencing:

Start date: Monday, 5th October 2009

Venue: Castlegate Hotel (*Basement level*), Athenry

Time: 7.30 – 8.30pm sharp

Level: Beginner to intermediate fitness (participants must be over 18 years of age)

Cost: €65 per person

Book your place by contacting Denise
@ ***Revitalize Health & Fitness*** (NCEF qualified)

on 087 835 1930

(Class Sizes are limited for your comfort)