

# Athenry AC



## fit4life



**Running for beginners,  
back on Saturday, April 29<sup>th</sup>.**

*Saturday mornings at 10.00am,  
Wednesday evenings at 7.00pm  
at the Moanbaun Track.*

**€50 for a 10 week  
programme which  
includes club  
membership for 2023.**

**First session is FREE  
so please come along,  
everyone is welcome!**

**Email - Maeve  
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for more info.**

**[www.athenryac.com](http://www.athenryac.com)**

