



*fleet***FEET** Programme

5 x 1 hour sessions of **indoor fitness walking**

Benefits include:

- Improve aerobic fitness and body tone
- Improve flexibility and strength
- Learn different walking techniques
- Incorporate walking as part of everyday life
- Fun and Enjoyment!

**LEAD BY FULLY QUALIFIED INSTRUCTOR
SUITABLE FOR ALL AGES AND LEVELS OF FITNESS**

DATES: October 19th, 26th & November 2nd, 9th & 16th (Wed)

TIME: 7:30pm to 8:30pm

VENUE: Ramelton Town Hall

COST: € TBC (for 5 weeks) Booking essential

For further details and bookings contact:

Jean Winston - Tel: 074 9151174