



fleetFEET **Programme**

'fitness walking'

(5 x 1 hour sessions of **indoor**)

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: 17th, 24th October and 7th, 14th & 21st November (Mon)

TIME: 1:00pm to 2:00pm

VENUE: Letterkenny Community Centre

COST: €20pp (for 5 weeks) **Participants: 20 max.** - booking essential

For further details and bookings contact:

Donegal Sports Partnership:

Tel: 074 9116079 or Email: info@activedonegal.com