

LETS GET THAT BEACH BODY FOR THE SUMMER!!!

*REDUCE THE RISK OF HEART DISEASE.

*FOR A BETTER OVERALL WELL BEING.

*REDUCE THE ONSET OF OSTEOPOROSIS IN LATER
LIFE...*ALL WHILE SAVING MONEY!*

*NEED THAT EXTRA DETERMINATION TO JUST GET UP
AND GO?

*ALL FITNESS LEVELS CATERED FOR, MALE, FEMALE,
ALL AGES

*ALL TYPES OF CIRCUIT TRAINING AND DIETARY
ADVICE

IF YOU CAN RELATE TO ANY OF THE ABOVE POINTS KEEP READING!!!!

*TUESDAYS AND THURSDAY EVENINGS FOR 3 WEEKS
ONLY STARTING 19 APRILTH @7PM
GET OUT IN THE FRESH AIR FOR THE LONG EVENINGS!

RESULTS GUARANTEED

*ON THE SQUARE GREEN AREA IN ASHEFIELD.

(ON THE ROAD INTO THE ESTATE TURN LEFT IN FRONT OF NUMBERS 60S
70S AND 80S)

*HAVE FUN, GET FIT, GET TO KNOW ONE ANOTHER AND
ALL WHILE FUNDRAISING FOR THE UPKEEP OF THE
ESTATE.

JUST €3 FOR RESIDENTS OF ASHEFIELD FOR EACH SESSION.

ANY QUESTIONS OR FURTHER INFORMATION CONTACT FITNESS
PROFESSIONAL EAMON ON.

087 2339387

WHY NOT COME ALONG, SEE WHAT THE CRAIC IS AND
GIVE IT A GO!

WWW.ASHEFIELD.COM

