

Gordan's Bootcamp

6 Week Fitness Programme

catering for
Men & Women

Commences

Wednesday 27th September
Friday 29th September

What is involved??

2 classes a week

(optional how many you wish to attend)

Wednesday/ Aerobics

9.30-10.30 am

Scoil Phádraig Naofa

Friday /Tone up

9.30-10.30 am

Athy College/Gym Room

Cost €2 per class

**Parents from all schools welcome at
each class.**

Contact:

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Scoil Mhichíl Noafa
0863827515**

**Anne Foy
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