

# 'Operation Transformation'

## 6 Week Fitness Programme Starting Wednesday 17th January 2017

*Coming Soon*



### What is involved??

*Tone up/ Lose weight*

Do YOU want to improve your lifestyle??

**3 classes a week**  
(optional how many you wish to attend)

#### **\*Monday Mornings\***

9.30-10.30 am  
Scoil Mhichíl Naofa



#### **\*Wednesday Morning\***

9.30-10.30 am  
Scoil Phádraig Naofa



#### **\*Friday Morning/ Gym Class\***

9.30-10.30am  
Athy College Gym

#### **Cost €2 per class**

**MONDAY 16TH IS**

weigh in, body measurement, healthy eating plan, take home workouts.



**Contact:**

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