

Starting Friday Feb 19th...

Fit4Life

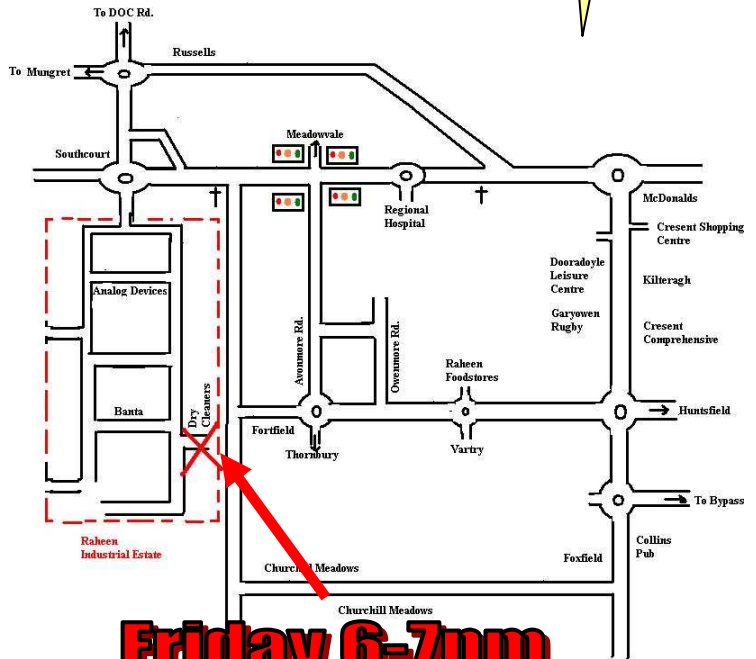
DOONEEN A.C.

Male & Female, All abilities
(Must be over 16 years)

Get fit
without
even
noticing!

Meet
new
people!

Interested in taking
the first step towards
better health & fitness?



Friday 6-7pm

Side of Industrial Estate

Why not join in your local

Fit4Life Group

Walk, Jog, Run - Your choice!

Caters for complete beginners to regular runners

15 Euro per year - less than 30c/week!

(limited number of runners goody bags for new members)

Feel
Great!

Get
Fit!

