

Meet & Train and Get Fit for Life



Are you interested in getting fitter?

Then come along and join Leevale AC's Fit4Life group. Leevale AC in conjunction with Cork Sports Partnership will run a Fit4Life programme. This programme will cater for all ages and all levels of fitness

Commencing: Thursday April 18th at CIT Track

Time: 8.00pm – 9.00pm every Thursday

Leevale AC Fit4Life Programme

Cost €15 sign up fee

What do I do next?

Just turn up wearing runners and comfortable clothes

For further information and to book a place please contact

laire 086 7947922 or Liam Horgan 0868297020

www.corksports.ie

Males & females welcome
Free goody bag on registration



LEEVALE AC
Sustaining and your own endurance

In association with
Leevale Athletics Club
www.leevale.org

FAQ

I exercise regularly but would like to start jogging, is this group for me?

Yes

Is this only for serious athletes?

No, we want beginners and casual athletes aswell.

Will I get advice/leadership on Physical Activity from a fitness expert?

Yes, there will be a leader for all levels.

Is there an age limit?

Yes, 16+

