

# *Get Active*

## Family Fitness



Spring is here.

Is your summer body ready?

Every Tuesday and Thursday 5.30pm  
for core exercise and general fitness.

- Make new friends
- Exercise in a safe and open air environment
- All shapes, sizes and fitness levels welcome
- Go at your own pace
- Fitness activities for the entire family

**Gill - 082 458 2045**

**Being fit was never this much fun!**