



READY WHEN **YOU** ARE

Male & **Female** Toning & Conditioning Classes

Borrisoleigh Community Centre

Thursday 2nd May 2013 – 7pm to 8pm

Course Content:

- Toning & Conditioning • Flexibility • Nutritional Advice
- Functional Screening/Sports Specific

Kevin Murray Personal Trainer will run a 5 week programme of Toning & Conditioning classes that will cater for all fitness levels commencing this Thursday evening. Kevin, who has vast experience in this field will be more than happy to answer any questions on the night & may be contacted beforehand at [086-1575896](tel:086-1575896).

Please bring water, exercise mat/towel on the night.