



WATERFORD
SPORTS PARTNERSHIP

Supporting
Activity and Sport For All

— SPORT IRELAND —



**SIGN-UP
NOW!**



MEN ON THE MOVE

MEN ONLY!

Want to start exercising?
Want to feel fitter & have more energy?
We are delivering an **6 WEEK - MEN ONLY**
physical activity programme.

**Cill Barra
Sports Centre
Tuesdays
&
Thursdays
6 to 7pm**

STARTING

**Tuesday 14th May @ 6pm
Cill Barra Sports Centre | Ballybeg**

TUESDAYS: Indoor Circuit Session with particular focus on core strength, flexibility and aerobic exercise.
THURSDAYS: Boxing Fitness session.



€30pp

For more information please call Peter Jones on 0761 10 2191
or email pjones@waterfordsportspartnership.ie



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS