

**Want to be trained by a qualified
Gym Instructor & Dublin County Footballer??**

Fitness 4 Less

Can't afford gym membership, but still want to stay fit!

TRY 'FITNESS 4 LESS'

Knocklyon & Firhouse Areas

**Program of outdoor circuits designed to help women and men
tone up & lose weight with exercise that will be enjoyed!**



45 Minute Sessions
Only €9 per session
or get 8 sessions for €65
Pre Book Before April 16th
(Minimum number required
before April 19th to run classes)

Commences: 19th April

To: 21st June

Monday: Mid Morning - 10.30am

Wednesday: Evening - 8.00pm

Friday: Morning - 6.45am

**You Choose 1,2 or 3
sessions a week**

(There will be no classes during
the Midterm Break of May 3rd to May 10th)



**To book contact Conal Keaney or Brian O'Regan on
087 6942323 or email fitnessfourless@gmail.com**