



# St Andrew's Resource Centre

In Association with Gloucester Street Sports Centre



Starts Tuesday 24<sup>th</sup> January

10:30-11:30

6 week Course-Free of Charge

Let's get our great community moving!

- For Ladies 50 years young and over
  - Weekly weigh in (optional)
  - Healthy eating advice
- Mobility enhancing exercises
  - Light Aerobics
  - Chair Aerobics

Contact Paula on 01 6771930 or email [paula.kinsella@standrews.ie](mailto:paula.kinsella@standrews.ie)