

Dublin City Council
Sport & Recreation
Programme

Targeting: Aging
Adults in need to
improving
functional fitness

> **Fridays**

> **12—12.40pm**

> **Ballymun Leisure
Centre**

> **€3 per class**

Contact:

Antonia Martin

Sport & Recreation Officer

Dublin City Council

087-1254709 /

01-2225407

REVITALISE THROUGH EXERCISE

If you find you are lacking or losing fitness and feel that you have no energy to carry out everyday activities, this is the class for you!!

This exercise to music Revitalise class performed from seated and standing positions will help strengthen muscles and improve balance, co-ordination and flexibility helping to give you a new lease of life.

