



## **Rossnakill Activity Centre 2016**

**This programme is suited to all ages and abilities. Help us bring the whole community together.**

**Monday 4<sup>th</sup> January Registration & Optional weigh – in  
Weekly weigh – in every Friday evening 6pm**

### **Couch to 5km Trialough Starting 5<sup>th</sup> January**

**Tuesday 6.30pm, Thursday 6.30pm & Friday 7pm cost €50 for 8 weeks**

### **Gentle Walking Group for all abilities & ages**

**Monday 1-2pm & Friday 6-7pm starting 8<sup>th</sup> January cost €40 for 8 weeks**

### **Jiving Class**

**Wednesday 13<sup>th</sup> January 8-9pm €50 8 weeks**

### **Children PE**

**Monday 4<sup>th</sup> January 4-5pm €5 per class**