

OPERATION TRANSFORMATION



Rosnakill Activity Centre 2017

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

Saturday 7th January Registration @11am

Weekly Optional weigh-in every Friday evening 6pm

Couch to 5km Trialough Starting 10th January

Tuesday 8.15pm, Thursday 8.15pm & Friday 8pm cost €50 for 8 weeks

Operation Transformation National Walks Day

Saturday 7th @ 9.00am

Women on the Move Starting 9th January

First Health Checks will take place January 9th From 6.00-7.30pm

Monday & Wednesday 8-9pm €80 8 weeks

Jiving Class

Wednesday 11th January 8-9pm €50 8 weeks

Circuits Starting 9th January

Monday & Wednesday 7-8pm - €5 per class

*As part of our Health and Wellbeing initiative, MHI will offer employees signing up to Operation Transformation on 7th January, a €25 euro reduction towards the cost of **any one** of the options available (receipted with full payment). Anyone interested should contact Bernie on 91 92120 to give their names and get full details of conditions.*