

# *Meet & Train and Get Fit for Life*



*Are you interested in getting fitter?*

**Then come along and join Leevale AC's Fit4Life group. Leevale AC in conjunction with Cork Sports Partnership will run a Fit4Life programme. This programme will cater for all ages and all levels of fitness**

Commencing: Thursday March 11<sup>th</sup> at CIT

Time: 8.00pm – 9.00pm every Thursday

Leevale AC Fit4Life Programme

Cost €15 sign up fee

*What do I do next?*

**Just turn up wearing runners and comfortable clothes**

*For further information and to book a place please contact*

**Claire on 021 4665083 or 086 7947922**

**[www.corksports.ie](http://www.corksports.ie)**

**Males & females welcome**

**Free goody bag on registration**



*In association with*  
**Leevale Athletics Club**

# FAQ

*I exercise regularly but would like to start jogging, is this group for me?*

**Yes**

*Is this only for serious athletes?*

**No, we want beginners and casual athletes aswell.**

*Will I get advice/leadership on Physical Activity from a fitness expert?*

**Yes, there will be a leader for all levels.**

*Is there an age limit?*

**Yes, 16+**

