

# Girls ready to spin at eight-week fitness plan

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GURRANABRAHER Community Development Project (CDP) in conjunction with Cork Sports Partnership, LeisureWorld, Churchfield, and Get Ireland Active has launched a new programme for girls between the ages of 13 and 18.

The aim of this programme is to get girls active and to this end an exciting programme has been drawn up to give girls in the area a chance to participate in a number of activities over a course of eight weeks.

Starting on Thursday at 5pm, participants will take part in a different activity for an hour every Thursday for eight weeks.

The programme is as follows; gym, circuit class, spin class, outdoor class, fab abs and back, outdoor circuit class and a final gym session.

The cost of the programme is €2 per session which can be paid in advance or on the day.

There are a limited number of places available so please contact Micheál O'Mahony in Gurranaברה Community Development Project on 4301700 to book your place.