

Meet & Train and Get Fit for Life



*Are you interested in getting more active
with our new Beginners Jogging Group?*

Meet: Clonakilty GAA Sports Complex

Time: 7.30pm (registration @ 7.00pm)

Day: Monday Evening (starting March 1st)

Cost: €15 pp, weekly contribution thereafter

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

Males & females welcome

Free goody bag on registration



In association with
Carbery Harriers 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+

