



KICKSTART 2019

LAUNCH & REGISTRATION

Thursday 10th January 2019 @ 8.30 p.m.

YOU* ARE INVITED – PLEASE JOIN US!

**Members, Family, Friends & Community; everyone welcome*



CHESS **CHOIR** **CIRCUITS** **COUCH TO 5K**

CYCLING **Teen Fitness** **Irish Conversation**

/ Ciorcaí Gaeilge **Irish Dancing** *for 3 to 10 yr olds*

MEDITATION for Wellbeing **ADULT PILATES**

(new starters) **TEEN PILATES** **SET DANCING**

SLIMMING WORLD **TAI CHI** **Cardio**

TENNIS **WALKING** **Teen YOGA**