

GET ACTIVE WEEK 4										
THUR 24th AUG	WALK * Meet @ Torrent 9.30am Distance: 4k or 7k (Augherainey Walk)	MUMS & OTHERS WORKOUT ** @ Torrent Sports Hall w/ Emma 1.00pm - 1.40pm Babies & Toddlers Welcome	BUMS & TUMS * @ Torrent Sports Hall w/ Denise 6.00pm - 6.40pm	BOOTCAMP ** @ Torrent Weights Room w/ Aidan 7.00pm - 8.00pm	NETBALL * @ Torrent Sports Hall w/ Marisa 7.00pm - 8.00pm	PILATES ** @ Torrent Studio w/ Patricia 7.00pm - 8.00pm PHONE TO BOOK	TAKE 5 * @ Torrent Studio Talk on positive mental health 8.00pm - 9.00pm PHONE 02887769051 TO BOOK			
FRI 25th AUG	RT24 *** @ Torrent Sports Hall w/ Denise 6.45am - 7.15am	SMALL GROUP PT ** @ Torrent Weights Room w/ Aidan 1.00pm - 2.00pm	SPIN *** @ Torrent Studio w/ Denise 6.00pm - 6.45pm PHONE 02887769051 TO BOOK	BASKETBALL * @ Torrent Sports Hall w/ Aidan *NEW* 6.30pm - 7.15pm	GET ACTIVE NOTES HEALTH TALKS: We have two great talks for you in week 4! Please make an effort to attend TAKE 5 on Thursday and SLOW COOKER TALK Wednesday. Book Now! ALL participants MUST complete a <i>Monitoring & Evaluation Questionnaire</i> . Please download from our website or pick one up at Reception. THANKS WEIGH-IN: For anyone that completed the weigh-in prior to Get Active, please book a slot on Thur 31 Sept for post weigh-in. PLEASE return your monitoring /evaluation questionnaire and any outstanding weekly schedules by 10am on Mon 4th September Stars represent the activity level.... Low: * Moderate: ** High: *** BE SENSIBLE - KNOW YOUR LIMITS!! Contact: 02887769051 (Reception) / 07422128640 (Text System)					
SAT 26th AUG	SATURDAY SWEAT ** @ Torrent Sports Hall w/ Aidan 9.30am - 10.15am	WALK * Meet @ Torrent 11.30am w/ Fionnuala Distance: 5k								
SUN 27th AUG	WALK * Meet @ Torrent 9.00am Distance: 5k			One FREE Fitness Suite Session * Any day at a time that suits you!						
MON 28th AUG	SUPERVISED FITNESS SUITE SESSION * @ Fitness Suite w/ Emma/ Aidan 8.30am-9.30am	WALK * Meet @ Torrent w/ Group Leader 9.30am Distance: 5k	LUNCHTIME SPIN * @ Torrent Spin Studio w/ Aidan 1.15pm - 1.45pm	BADMINTON * @ Torrent Sports Hall Open court 6.00pm - 7.00pm				YOGA ** @ Torrent Studio w/ Roisin 6.30pm - 7.30pm	BOXING ** @ Torrent Sports Hall w/ Conrad 7.00pm - 8.00pm	SWISS BALL SCULPT ** @ Torrent Studio w/ Patricia 7.45pm - 8.45pm
TUES 29th AUG	MORNING SPIN MIX *** @ Torrent Studio w/ Denise Donnelly 6.30am - 7.45am (10 spaces)	LUNCHTIME CIRCUITS ** @ Torrent Sports Hall w/ Emma 1.00pm-1.30pm	ZUMBA ** @ Torrent Sports Hall w/ Tammy 6.30pm - 7.30pm	KETTLEBELLS ** @ Torrent Sports Hall w/ Michelle 6.30pm - 7.30pm (8 spaces) PHONE 02887769051 TO BOOK				BALANCED BODY * <i>(Mobility/Flexibility class)</i> @ Torrent Studio w/ Aisling 7.30am - 8.30am	WALK & A CUPPA * @ Torrent Walkway Tea provided at 8pm in the Complex 7.30pm - 8.00pm	
WED 30th AUG	STRENGTH CAMP *** @ Torrent Weights Room w/ Cormac 6.15am - 7.00am	WALK ** Meet @ Torrent 1.00pm w/Fionnuala Distance: 5mile <i>(Into Dungannon & Back)</i>	LADIES WEIGHTS&CORE ** @ Torrent Studio w/ Emma 6.15pm - 7.00pm	SPIN *** @ Torrent Spin Studio w/ Damian 6.15pm - 7.00pm	CIRCUITS ** @ Torrent Sports Hall w/ Andy 7.00pm - 8.00pm	SLOW COOKER TALK * Making the most of your Slow Cooker Shop smarter and make healthier choices! A Slow Cooker will be raffled between those that attend! 7.00pm PHONE 02887769051 ANYTIME TO BOOK				

NAME:

