

# 6 weeks easy exercise programme



- Improve & maintain your mobility, fitness, strength and balance
- Indoor exercise programme led by experienced instructor

**Start Date: October 13th**

**Time: 12pm – 1pm**

**Venue : Newport Community Centre**

**Limited Spaces**

**To book your place,  
please contact reception  
on 067-31800.**

Partially funded by



**etb**

Bord Oideachais agus  
Oiliúna Thiobraid Arann  
Tipperary Education and  
Training Board

**Contact Us**

 067-31800

 [www.silverarchfrc.ie](http://www.silverarchfrc.ie)

 [info@silverarchfrc.ie](mailto:info@silverarchfrc.ie)

 52 Silver St, Nenagh  
Co. Tipperary, E45 P624

