

Free 8 week easy exercise programme



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

Start Date: Thursday 23rd September

Time: 12 noon to 1pm

Venue : Tyone Community Centre Nenagh

Contact Us



067-31800



www.silverarchfrc.ie



info@silverarchfrc.ie



52 Silver St, Nenagh
Co. Tipperary, E45 P624



To book your place please
contact reception
on 067-31800

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Training Board