

CAVAN SWIMMING AND LEISURE

COMPLEX

Drumalee, cavan

GOOD MORNING! KEEP FIT CLASS



TAKES PLACE EVERY WEDNESDAY

TIME: 10.10 PM – 10.50 PM

Exercise is good for us but do you know how GOOD!!

The following are just some reasons to EXCERISE for a happier and longer life:

- Reduce risk of coronary heart disease.
- Assists in reducing body fat percentage, reducing risk of obesity and type 2 diabetes.
 - It Increases bone density and reduces the risk of osteoporosis.
 - Exercise can delay the effects of age related strength and power loss.
 - The best way to think of it is ‘USE IT OR LOSE IT’.
- It provides strong posture, improves flexibility, balance and reduces risks of injuries.

This class will give you a full body work out comprising of cardiovascular and core exercises. It is designed to safely get you increasing your aerobic fitness, core stability and strengthen your posture.

FOR MORE INFORMATION CONTACT RECEPTION

PHONE NUMBER: 049 4362888

WEBSITE: Cavanleisure.ie

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