



DO YOU WANT TO BE PART OF SOMETHING MORE THAN JUST A FITNESS CLASS?

Pilates

Monday & Wednesday 6.15pm to 7pm

Total Body Circuits

Monday & Wednesday 7.15pm to 8pm

Start Date:
06/11/2023
**6-WEEK
COURSE**
Pay-as-you-go
options
available

Join anytime. Pre-booking class essential.
Contact Janet to book your spot

Convenient town centre location with free parking Teach and tSolais, Ashe Street

Prices (6-week course):

Total Body Circuits: €50 or €10 per class

Pilates: €60 or €11 per class

Multi Class
Discounts &
Pay as you go
Options
available

ALL CLASSES SUITABLE FOR ALL FITNESS LEVELS

Call Janet on 086 7780990 Email: janet.slye@gmail.com

Find more information on the Classes and Janet at [facebook.com/janetslyeRYGfitness](https://www.facebook.com/janetslyeRYGfitness)

Get Fit, Meet New People, Have Fun!

Janet Slye: B.S.c (Hons) Health and Leisure, N.C.E.F. Personal Trainer & Pilates Instructor