



IRISH

FIT COACH

Fran

ARE YOU NERVOUS TO START?

WE ARE A WELCOMING FITNESS
COMMUNITY IN **PALMERSTOWN** FOR
ALL AGES & FITNESS LEVELS

**TRY OUT A CLASS FOR
€10 WITH THIS FLIER**

SCAN TO LEARN MORE

- Small Group PT
- Over 50s & 60s Classes
- Strength Training
- Personal Training



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Kennelsfort Rd Lower, Palmerston
Upper, Dublin, D20 K732

NEW CLASS TIME TABLE

TIMES	PALMERSTOWN COMMUNITY CENTER
MONDAY	CIRCUIT TRAINING 11:00 AM
TUESDAY	-
WEDNESDAY	CIRCUIT TRAINING 11:00 AM
THURSDAY	-
FRIDAY	-

TIMES	PALMERSTOWN PARISH CENTER
MONDAY	OVER 60S FIT CLUB 12:00 NOON
TUESDAY	OVER 50S FIT CLUB 6:00 PM
WEDNESDAY	OVER 60S FIT CLUB 12:00 NOON
THURSDAY	OVER 50S FIT CLUB 6:00 PM & PILATES 6:45 PM
FRIDAY	-

- **SGPT:** Small Group Personal Training
- **Tribe:** Group classes for our younger adults
- **Over 50s & 60s:** Group Classes for our Mature Adults
- Small Group Personal Training
- One to One Personal Training



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