

GET ACTIVE TODAY

With Boyle GAA

In association with



“...the greatest health benefits occur when the least active in the population become moderately active..” (www.getirelandactive.ie)

Week	Date	Venue	Time	Activity
	Mon Sep 28	Learning Links, Elphin Street	7:30pm – 9:00 pm	Registration and Information
	Fri Oct 2	King House	7:30pm	Information Evening, Registration and Keynote Address by Professor Niall Moyna
Week 1	Mon 5 Oct	St Joseph's BNS, Abbeytown	7:30pm	Keep Fit Session
	Tue 6 Oct	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Tue 6 Oct	Londis, The Crescent	7:30pm	Town Walk /Jog 3k/5k
	Thur 8 Oct	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Thur 8 Oct	Boyle GAA Clubhouse	7:30pm	Presentation on Healthy Eating
Week 2	Sat 10 Oct	Sports Complex	10:00am	Keep Fit Session
	Mon 12 Oct	St Joseph's BNS,	7:30pm	Keep Fit Session
	Tue 13 Oct	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Tue 13 Oct	Londis, The Crescent	7:30pm	Town Walk /Jog 3k/5k
	Thur 15 Oct	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Thur 15 Oct	Londis, The Crescent	7:30pm	Town Walk /Jog 3k/5k
Week 3	Sat 17 Oct	Boot Camp Pleasure Grounds	10:00am	Circuit Training
	Mon 19 Oct	St Joseph's BNS,	7:30pm	Keep Fit Session
	Tue 20 Oct	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Tue 20 Oct	Londis, The Crescent	7:30pm	Town Walk /Jog 3k/5k
	Thur 22 Oct	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Thur 22 Oct	Trojan Building, Elphin St.	7:00pm	Introduction to Pilates
Week 4	Sat 24 Oct	Boot Camp Pleasure Grounds	10:00am	Circuit Training
	Mon 26 Oct	Lough Key Forest Park	10:00 am	Bank Holiday Walk
	Tue 27 Oct	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Tue 27 Oct	Londis, The Crescent	7:30pm	Town Walk /Jog 3k/5k
	Thur 29 Oct	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Thur 29 Oct	Boyle GAA Clubhouse	8:00pm	Looking after your mental well being <i>Healthy Bodies, Healthy Minds, Healthy Clubs – A talk by Colin Regan</i>

Week 5	Sat 31 Oct	Boot Camp Pleasure Grounds	10:00am	Circuit Training
	Mon 2 Nov	St Joseph's BNS,	7:30pm	Keep Fit Session
	Tue 3 Nov	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Tue 3 Nov	Londis, The Crescent	7:30pm	Town Walk /Jog 5k/7k
	Thur 5 Nov	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Thur 5 Nov	Trojan Building, Elphin St.	7:00pm	Introduction to Yoga
Week 6	Sat 7 Nov	Lough Key Forest Park	10:00am	Circuit Training
	Mon 9 Nov	St Joseph's BNS,	7:30pm	Keep Fit Session
	Tue 10 Nov	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Tue 10 Nov	Londis, The Crescent	7:30pm	Town Walk /Jog 5k/7k
	Thur 12 Nov	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Thur 12 Nov	Londis, The Crescent	7:30pm	Town Walk /Jog 5k/7k
Week 7	Sat 14 Nov	Lough Key Forest Park	10:00am	Circuit Training
	Mon 16 Nov	St Joseph's BNS,	7:30pm	Keep Fit Session
	Tue 17 Nov	Londis, The Crescent	7:00am	Dawn Walk /Jog 3k/5k
	Tue 17 Nov	Londis, The Crescent	7:30pm	Town Walk /Jog 5k/7k
	Thur 19 Nov	Londis, The Crescent	7:30pm	Town Walk /Jog 5k
	Sun 22 Nov	Boyle GAA Clubhouse	10:30am	Finale – 10 K Walk from Club House to Lake Shore in Lough Key Forest Park and Back

It is recommended that you consult your doctor before engaging on a new programme of exercise activity.

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