

HER AUTUMN WELLNESS REVIVAL

A Health and Fitness Suite for Women over 40
 Health, Wellness & Menopause

#HERAUTUMNREVIVAL

EVENT	VENUE	DATE	LENGTH
<u>Mastering MidLife Webinar</u>	Online	Sept 11th & 18th	2 weeks
<u>Womens Strength and Conditioning</u>	Claremorris	Sept. 22nd 9:30am	6 weeks
<u>Womens Strength and Conditioning</u>	Castlebar	Sept. 21st	6 weeks
<u>Womens Strength and Conditioning</u>	Ballyhaunis	Sept. 26th	6 weeks
<u>Womens Strength and Conditioning</u>	Ballinrobe	Sept 22nd 6-7pm	6 weeks
<u>Couch to 5K</u>	Bangor Erris	Sept. 25th 7.45pm	8 weeks
<u>Couch to 5K</u>	Ballinrobe	TBC	8 weeks
<u>Couch to 5K</u>	Ballyhaunis	Sept. 26th 8pm	8 weeks
<u>Couch to 5K</u>	Claremorris	Sept. 25th 8pm	8 weeks
<u>Couch to 5K</u>	Achill	TBC	8 weeks
<u>Couch to 5K</u>	Castlebar	Sept. 27th 7pm	8 weeks
<u>Yoga and Dip</u>	Crossmolina	TBC	4 weeks
<u>Yoga and Dip</u>	Belmullet	Sept. 13th	4 weeks
<u>Beginners Yoga</u>	Castlebar	Sept. 13th	6 weeks
<u>Beginners Yoga</u>	Claremorris	Sept. 14th	5 weeks
<u>Learn to Swim</u>	Castlebar	Sept. 19th	6 weeks
<u>Introduction to Pilates</u>	Claremorris	Oct 3rd	6 weeks
<u>Sport Ireland 'Its My Time' Campaign</u>	Resource		

For additional queries contact: dedonnelly@mayococo.ie