


# Water

Booking essential

## Aerobics

with **Kate's fitness**

Tues@10am  
Tues@11  
Thurs@6.30pm  
Thurs@7.30pm



**Loughananna house**  
**Kilbehenny**

Improve flexibility.  
Improve fitness level  
Booking is essential  
@galtee\_escapes  
083/8955079

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## ADULT BEGINNERS SWIMMING LESSONS.

STARTING SOON @

Loughananna House

Kilbehenny

galtee\_escape



1 hour x 6 week course starting on TUESDAY  
Evenings

Contact 087-1334054 for booking and more information

