



**‘Step into the City’** is an exercise based programme that encourages local people to participate in physical exercise in their local community. This programme introduces women to a number of exercise techniques including aerobics, body conditioning and toning. All classes are held in local facilities such as school halls and community centres thus highlighting how exercise and fitness activities can be available to a large number of people on their own doorsteps.

Each exercise to music class runs for 1 hour a week for 6 week and is currently available in a number of locations across Limerick City.

**Classes cost €20 for 6 weeks or €4 per session.**

<b>Commencing</b>	<b>Day</b>	<b>Venue</b>	<b>Time</b>
24 <sup>th</sup> January	Tuesdays	Southill Area Centre	5.30pm-6.30pm
24 <sup>th</sup> January	Tuesdays	St Munchins Community Centre	7.30pm-8.30pm
18 <sup>th</sup> January	Wednesdays	Corpus Christi National School	7.30pm-8.30pm
19 <sup>th</sup> January	Thursdays	Ardscoil Ris	8.15pm-9.15pm
26 <sup>th</sup> January	Thursdays	St. Bridget’s Church (Hall), St. Patricks Road	10.30am-11.30am