**beginners**

A mixture of exercise classes and running at a pace to suit you!

**Group**

**Exercise for free in a fun way, in Kilkenny City for 1st-6th years**

**Never exercised before? Perfect- It’s for all fitness levels, from the complete beginner to the more active.**

Free to join! Each session will include a tasty post workout snack

**Contact Martina in Ossory Youth on 0876945185 to get involved