

Feel good and get fit in 2015



***THE HARDEST PART IS WALKING  
OUT THE FRONT DOOR***

Home School Community Liaison will be running classes to get fit in 2015.

Open to parents, grandparents and other friends of the school community.

Classes run for 5 weeks

**Walking group-** Wednesday 9.15 meeting at Mercy College Coolock. Classes begin 14<sup>th</sup> January.

**Fitness Class -** Friday 11.45 in Parnell's Gym. Classes begin 16<sup>th</sup> January.

Contact: Rosaleen Doherty 0860241797 for further information.