



Healthy  
**Galway City**



**8 WEEK - FREE ONLINE EXERCISE  
CLASSES FOR OVER 55'S**

**Starting Friday 12th March at 11am**

- All fitness levels catered for
- Delivered by Professional Siel Bleu Trainer
- Available for people living in Galway

**Places are limited. To secure your place call  
Ashling on 085 8217547 or email  
[healthygalway@gcp.ie](mailto:healthygalway@gcp.ie)**



Rialtas na hÉireann  
Government of Ireland

