

TeenGYM

*Fridays 4.30 – 6 pm
for 12-15 yrs olds*

**Are you into sports or just want to have fun
with your friends?**

Then join our **TeenGym Programme** for people
like you!!

Do the aerobics classes or sweat it out in the gym,
using treadmills, bikes, steppers & rowers. We'll
even get you started on the weights, if you're
interested.



SPORTSCO

Members Only: €5.00

Phone: 6687022

Web: www.sportsco.ie

South Lotts Road, Dublin 4